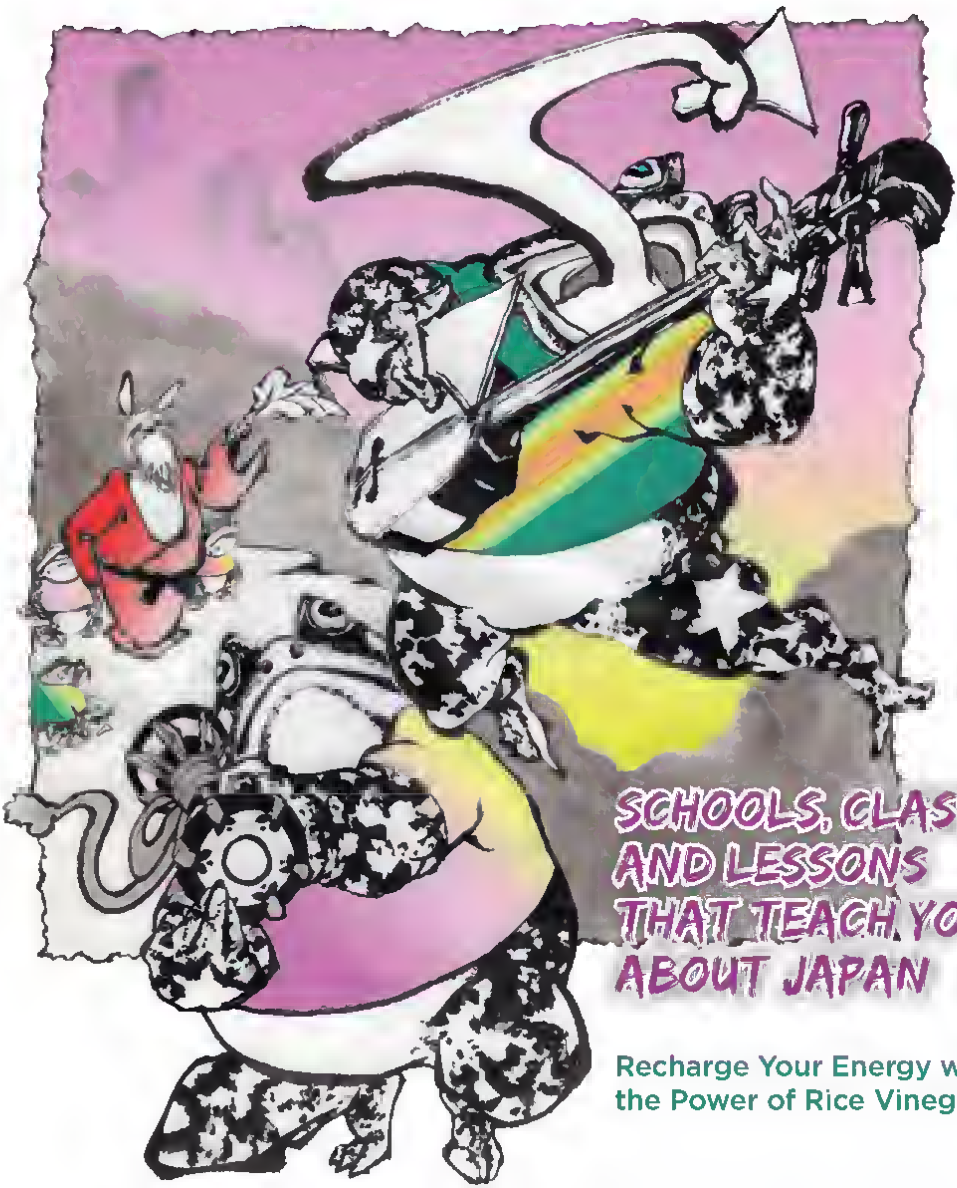
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- know some basic Japanese grammar, but want to practice speaking.
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10 lessons = $400 (total 20 hours of instruction)

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Voice from the students

CHOPSTICKS NY CONTENTS September 2016, #113

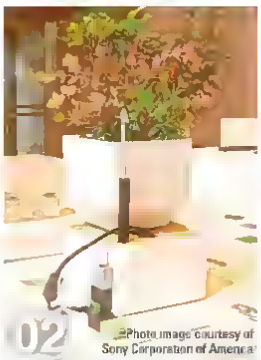


Photo image courtesy of Sony Corporation of America





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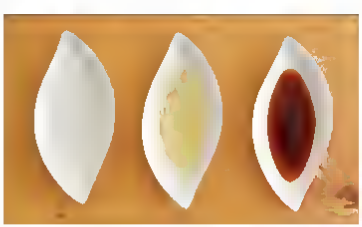
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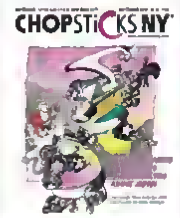
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It's back to-school season! This issue of Chopsticks NY introduces schools and classes that teach Japanese culture, language and more. Also highlighted is Rice Vinegar, which helps you recover from summer lethargy

President / Publisher
Hitoshi Onishi

Editor-in-Chief
Noriko Komura

Writers
Michael Goldstein
Nobi Nakanishi
Melissa Perner
Stacy Smith
Julia Szabo
Kate Williamson

Proofreader
Susan Spain

Art Director
Atsushi Hayashi

Sales
Noriyuki Shimizu
Yurika Saegusa
Ai Juul

Intern
Willow Louis
Jazmin Justo

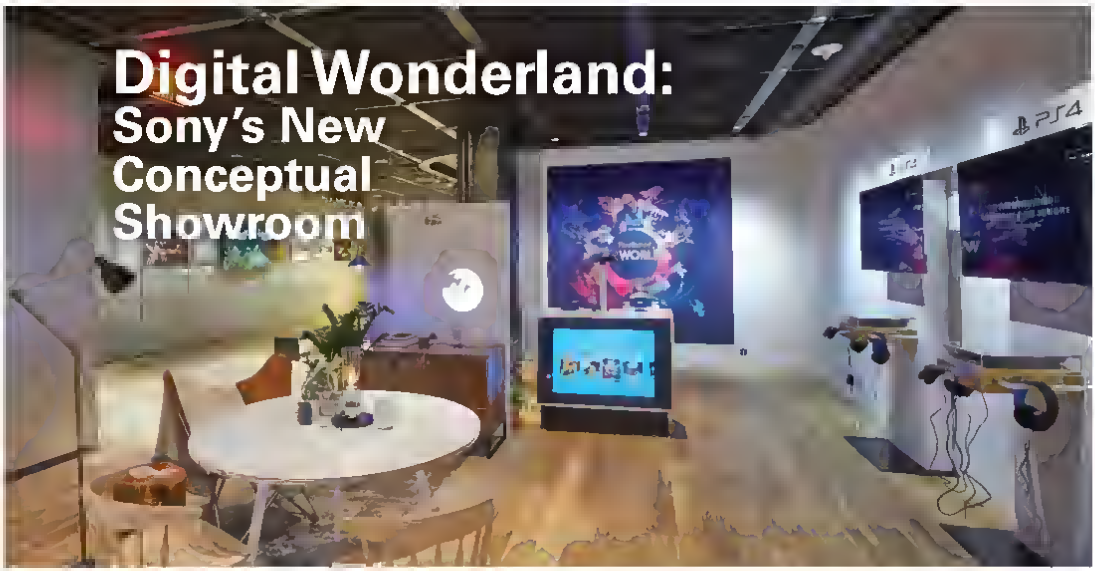
Member, TPNY, LLC
Tetsuo Shintani

Published by Trend Pot NY, LLC
40 Exchange Pl., #1902
New York, NY 10005
TEL. 212-431-9970
FAX. 212-431-9960
www.chopsticksny.com
For Advertising Info
TEL. 212-431-9970
E-mail: adsales@chopsticksny.com

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Presented by The No 1 Japanese free paper in NY. NY Japion

Digital Wonderland: Sony's New Conceptual Showroom



Over the past few decades, our world has become much more convenient thanks to technological advances and innovations. Home electronics and entertainment giant Sony has significantly contributed to this innovative lifestyle. Earlier this year, Sony moved its American headquarters to the historic MetLife Building in NoMad (NOrth of MADison Square Park), one of the fastest-growing commercial areas in Manhattan and one that attracts millennials and tourists from all over the world. On August 4, its showroom, Sony Square NYC, opened its doors on the ground floor of Sony's headquarters.

Sony Square NYC is not an ordinary showroom but more like a lab where consumers can interact with products on display. Most of the items showcased there have not hit the market yet, and some are still in development. As you try them out, Sony welcomes feedback, which might be incorporated into future Sony products. "It's a combination of a product incubation and brand experience," says Steven Fuld, senior vice president of corporate marketing.

Also, the space is the first showroom to introduce all Sony-branded items, including electronics, games, smartphones, music, movies, and more all in one physical space. It's impossible to showcase them all at once, so the concept of Sony Square NYC changes every 4 to 6 weeks. The space is currently divided into four zones to exhibit the Sony innovations that are about to become part of our lives in the near future. Visitors can try items like FES watch (a paper-thin watch that you can change the face and band design from 24 variations and automatically turns on the moment you need to see it), MESH (a small tag that let's you explore the world of IoT using everyday objects and can allow anything to become a smart device), Life Space UX products (Glass Sound Speaker, LED Bulb Speaker and Portable Ultra Short Throw Projector), and the upcoming PlayStation VR (virtual reality).

The innermost section of the space is a digital imaging gallery, exhibiting Sony cameras, lenses, and the photo images captured by them. For those who are interested in trying out Sony cameras, Sony Square NYC kindly lends them out for a couple of hours. But again, the display changes every 4 to 6 weeks, so you might not find the same items when you visit there next month. Whether you want to explore a smart lifestyle in the future or just want to experience groundbreaking entertainment, your next stop should be Sony Square NYC.





Sony Square NYC
25 Madison Ave. (at 25th St.)
New York, NY 10010

Photo images courtesy of Sony Corporation of America

FOOD

Osaka Grub – Essex Street Market's Hidden Gem

This summer, **Osaka Grub** is the newest addition to the food shops at the historic Essex Street Market on the Lower East Side. Their unique twist on traditional *okonomiyaki* pancake cooking has brought a delightful surprise to this market best known for its groceries, bakeries and fresh fish markets.

Diana and David opened Osaka Grub to bring one of their favorite Japanese dishes to the Lower Manhattan area. They have created interestingly delicious new spins on original recipes. Their version of okonomiyaki is made with grated yamaimo (Japanese taro) to get a creamy yet light texture. Their *Karaage* fried chicken uses potato starch coating that keeps moisture and flavor in the chicken. But the must-try item here is *Okonomiyaki Sliders*, a beef patty sandwiched between two fluffy okonomiyaki pieces and a bit of okonomiyaki sauce inside. When you bite into the slider you'll get double umami from okonomiyaki and juicy beef.

Osaka Grub also offers vegetarian options and will soon be whipping up breakfast, too! The first breakfast item soon to be on the menu is the *Soft Egg Okonomiyaki*, where a warm soft egg is cooked right into the center of the okonomiyaki.

Osaka Grub is hidden inside the Essex Street Market, so you should go around to find the stall. Enjoy browsing the market, do grocery shopping, and grab a snack.



From the classic *Okonomiyaki* (left) to their Signature *Okonomiyaki Sliders* (below) Osaka Grub brings a taste of Japan to the Essex Street Market.





Osaka Grub has made a yummy impression on the local shoppers since opening.



Karaage (Japanese style fried chicken) is a great finger food made with potato starch to lock in chicken flavor and tenderness.

Osaka Grub, 120 Essex St. (bet. Delancey & Rivington Sts.) New York, NY 10002 | TEL. 929-266-7252 | www.osakagrub.com

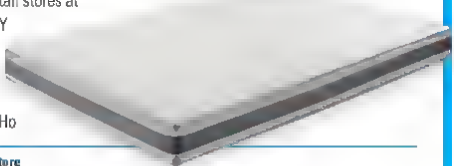
PRODUCT

airweave Upgraded: Sleeping on Air-Supported Mattress

Since it was premiered in the U.S. a year ago, airweave top mattress utilizing an innovative concept and technology, has attracted those who crave for a good sleep, including athletes on Team U.S.A., and dancers in the Royal Ballet School in London.

Composed of a cool, breathable material with no springs inside but with "airfiber" (resin and air), airweave top mattress realizes a restful sleep that leaves users feeling more refreshed and invigorated upon waking. It is convenient in the way you can just place it on top of your existing mattress, but there are a number of customer requests to use it as a mattress. The new airweave mattress is the company's answer to the voices, releasing thicker (8.5 inches) versions that you can use as mattresses. It maintains all the functions and benefits of airweave: washable, allergen free and improving air circulation allowing your body to regulate temperature naturally. Enjoy a luxurious sleep supported by 90% air and experience complete rejuvenation.

airweave mattress comes in six sizes from Twin to King, and price ranges from $1000 to $1500. You can purchase the product online or five retail stores at BoConcept in NY Metropolitan area. Also, there is a flagship store in SoHo.



airweave SoHo Store
498 Broome St., New York, NY 10013 | www.airweave.com

BEAUTY

Reset Your Sun-damaged Skin with the Asai Germanium Power

Summer sun in New York is harsh enough to give damage to your skin even if you stay out of beaches and mountains. It is the time for you to repair the damaged skin and reset for drier and colder seasons, equally harsh to your skin.

Founded in Tokyo, DHC or "Daigaku Honyaku Center" provides unique, high quality skincare and beauty products for women all over Asia, France and the United States. It recently released two new skincare items from their Germanium series, which help repair, protect and improve your skin with the power of Asai germanium, a naturally derived antioxidant known for both its oxygenation benefits as well as encouraging natural cell turnover.

Germanium Lotion is a toner that hydrates rebalances and prepares skin for moisture while Germanium Cream hydrates and nourishes your skin. Thanks to the Asai germanium energy which has an oxygen-boosting effect at the skin's surface level, your skin feels energized and renewed in as little as one use. Both are also formulated with royal jelly and hyaluronic acid, which protect skin's natural moisture retention. For the best result apply Germanium Lotion after cleansing, and then smooth Germanium Cream evenly over face.



Info: www.dhccare.com

GRAND OPEN

For 45 years our motto has been to serve our customers food that brings them joy.

We have continued to strive towards this goal with four locations in Kumamoto and nine locations in Hong Kong. We have opened a new location in Greenwich Village and hope to protect this heritage and hope you come to enjoy a taste of authentic Japanese cuisine, sushi and Sake.

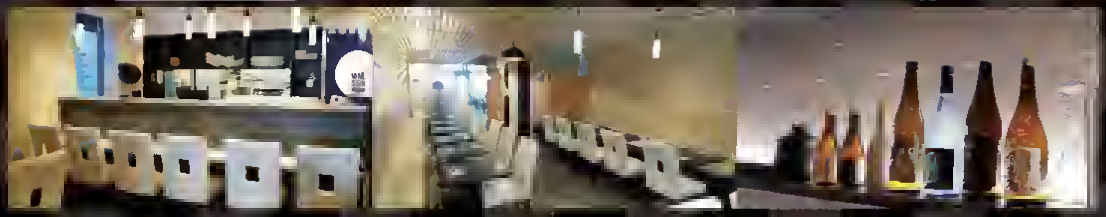












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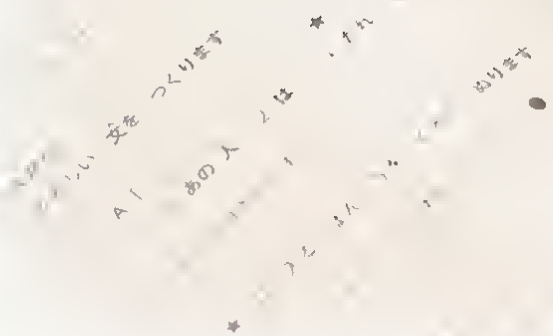
Annual School Issue

Improve Your Japanese Skills: Take the Japanese Language Proficiency Test (JLPT)

JLPT is an exam that evaluates your Japanese language skills. Divided into 5 levels, the test can be a good index of your language study, encouraging you to improve. We hear voices from five people who passed the JLPT exams.

Schools, Classes and Lessons that Teach You JAPAN

It's back-to-school season. We introduce various Japanese classes from martial arts, cooking, language and cultures. Explore what you like to learn and expand your possibilities!



Improve Your Japanese Skills:

Take the Japanese-Language Proficiency Test



The Olympic Games in Rio are over now, but many athletes are already looking ahead to Tokyo in 2020. Four years might sound like a long time, but it will come soon. Like athletes training to be Olympians, people studying a new language must also learn step by step, practice, and have the discipline to keep going. Why not start learning Japanese now so you can be fluent by the time of the 2020 Tokyo Olympic Games?

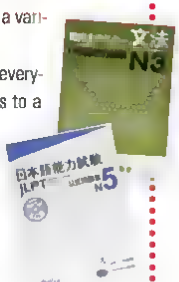
For those studying Japanese as a second language, the Japanese-Language Proficiency Test (JLPT), which evaluates and certifies the Japanese proficiency of non-native speakers, is a great way to help you learn more about your skill in Japanese.* The test is divided into five levels, ranging from N1 to N5. N1 is the most advanced level, and if you pass this level, you can proudly say you are fluent. N5 indicates that you are a beginner whose conversation and reading skills are limited. According to the official JLPT website (www.jlpt.jp/e/index.cgi), "N4 and N5 measure the level of understanding of basic Japanese mainly learned in class. N1 and N2 measure the level of understanding of Japanese used in a broad range of scenes in actual everyday life. N3 is a bridging level between N1/N2 and N4/N5."

Taking the test with the goal of passing gives you lots of incentive to focus on your study of Japanese. Plus, the test will reveal your strengths and weaknesses since it examines your reading and listening-comprehension skills along with your knowledge of kanji, vocabulary, idioms, and grammar. Preparing for the test can help coach you in Japanese and is an efficient way of improving your skills.

*The JLPT is organized by the Japan Foundation and Japan Educational Exchanges and Services. In New York, the test is offered twice a year; the next test is scheduled for December 4, 2016.

A Summary of Linguistic Competence Required for Each Level (Descriptions from the JLPT official website)

N1: The ability to understand Japanese used in a variety of circumstances.
N2: The ability to understand Japanese used in everyday situations and in a variety of circumstances to a certain degree.
N3: The ability to understand Japanese used in everyday situations to a certain degree.
N4: The ability to understand basic Japanese.
N5: The ability to understand some basic Japanese.



Advice and Comments from Past JLPT Takers



"I always love a good Japanese drama and movie I would use this to improve my Japanese listening and also do shadowing (repeating what the character says in the movie/drama) at the same time to improve my speaking"

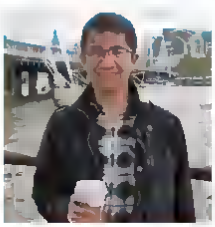
Joanne Wang
N2 Level

The JLPT lets me know where I am lacking at my current Japanese level and also gives me a better understanding of where I should improve in my learning process. This is because the JLPT is a general standardized test of Japanese, and you cannot predict what will definitely appear on the examination—you can just study hard and practice. Preparing for the exam also helps me study consistently so that I can achieve my goals and dreams.

Consistent learning and preparing is crucial for me. From my point of view, the JLPT is an exam where if you miss a period of prepping, you might lose the whole game because you might forget the materials you studied before by the time you pick it up again. Therefore, during my preparation for the JLPT, I would take 30 minutes to an hour every day to prep for the exam. Even when I was super busy, I would take at least 20 minutes to read a passage or practice listening, so that I could keep up with my studying and not let the knowledge go.

I always love a good drama and movie. I would use this to improve my Japanese listening and also do shadowing (repeating what the character says in the movie/drama) at the same time to improve my speaking. After all, my purpose in taking the JLPT is to communicate with locals and get to know Japanese culture better, so mimicking what Japanese actors say in a drama/movie really helps when it comes to taking the exam and also with communicating with Japanese people in the long run.

The JLPT is not an easy exam to take, and it requires great concentration and hard work to complete, so you are already really determined and brave just for taking the exam. Do not be disappointed if you did not pass this time—you will be able to the next time. Remember to find an interesting way to prepare for the exam—if you find a way that you are passionate about, everything will be more fun and stress-free. Just keep up the good work and be consistent in your learning process, and I am sure that you will be able to complete the JLPT successfully.



"Instead of memorizing, I found it better to remember words by grounding them in my own thoughts and experiences"

Richard Sung
N2 Level

I currently study Japanese as an aspiring translator. I find it satisfying to think, communicate, and have fun in Japanese. It's like seeing the world through a new lens.

Studying for the JLPT led me to explore how I personally like to learn Japanese. I would try different study methods and see what did and didn't work. It was also a simple way to create a clear language goal, which gave better focus to my Japanese studies.

Early on I found that I had a lot of trouble with vocabulary. I tried memorization and even using flash cards, but those methods just didn't work for me. This also made reading difficult, since I would have to guess too many words in a single passage. Instead of memorizing, I found it better to remember words by grounding them in my own thoughts and experiences. I then dramatically increased the amount I read in Japanese. I took note of any interesting words and what in my mind made them stand out to me. That way, the next time I saw that word, I could more intuitively recall its meaning.

Here are some other study methods that worked for me.

- Get a good exercise book and study it daily. Take breaks or days off when needed, but keeping a consistent schedule over several months is important. Review often to retain information, and vary your areas of study to avoid burnout.
- Don't forget about studying or using Japanese in general. I found many of the things I studied for the JLPT also appeared in Japanese media, literature, and daily conversation.
- Take several practice tests under conditions similar to those of the real test. This helped a lot with time management on each section and with overall mental endurance. The scores identified areas I needed to improve on for the real test.
- Meet other Japanese learners and ask about their JLPT experiences. I took classes at the Japan Society at the time, and not only was it generally helpful, but I got the chance to connect with others who were going to take the test as well.
- The JLPT is a written multiple-choice exam, so take time to apply test-taking strategies in your practice tests. Make sure to allow enough time to double check answers at the end, as many people who don't prepare run out of time in the middle of the reading section.
- Keep in mind you won't know what's actually on the exam until you see it, so don't worry too much about the things you might not know. Just study as best you can.
- Finally, the JLPT boils down to how much time and effort you put into preparation. It's best to start early, as you'll have more leeway and less stress in studying. Starting late isn't terrible either, but be ready to study much harder in a shorter time span if you do.



"During the exam, don't spend too much time on the vocabulary and grammar section—you will need it for the reading comprehension part"

Pavel Maksimuk
N2 Level
Enrolled in Japan Society

When I started many years ago, I didn't really have a purpose—I just wanted to learn a foreign language. At that time I had just started working for a Japanese company, so Japanese was a natural choice. The more I learned the language, the more interested I became in Japan. Now, I would define my purpose as being able to better understand and enjoy Japanese culture.

The JLPT helps to give you a certain benchmark. Also, the exam itself is a great chance to learn. When I come across unknown grammar or vocabulary during an exam, I tend to remember it much better than if I studied it in class. I took the JLPT three times: the first time I failed miserably, but the second time I was just two points short of passing. I failed but was happy nevertheless—I had made big progress. The third time I passed, but my score barely improved, and I wasn't so happy.

For me the most difficult part of the JLPT test is reading comprehension—I always run out of time before I have finished reading all the texts. So I try to read Japanese news every day during lunch. Also, the JLPT preparation classes at the Japan Society are great. Apart from it, my approach is unsystematic—I just try to practice as much as possible: reading the news and watching movies or TV in Japanese. During the exam, don't spend too much time on the vocabulary and grammar section—you will need it for the reading comprehension part.



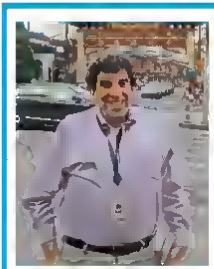
"I tried to take important notes and keep my notebook in my bag every day, so if I had a 30-minute subway ride, I could use those 30 minutes to study and review many things, including grammar."

Silvana Chu
N3 Level
Enrolled in Japan Society

I think taking the JLPT definitely gave me the motivation to work harder, because I knew I had to take the exam. I had to review from the beginning level to where I was. It gave me the opportunity to test myself and see where I really was in my Japanese studies.

Preparation is always challenging and difficult. We all have our work and responsibilities. It's not like being a normal student who only goes to school. I tried to study with discipline. I bought some books and materials that helped me to prepare for the exam. I had almost eight months of preparation, so I could slowly review my materials, and I asked my sensei questions while I was taking a Japanese class at the Japan Society. Timing is important. Planning to have enough time for preparation is crucial. I tried to take important notes and keep my notebook in my bag every day, so if I had a 30-minute subway ride, I could use those 30 minutes to study and review many things, including grammar. You need to review everything daily.

I think taking the right level of the exam is important. The exam level is not related to how long we have been studying Japanese. It's how much we know and how proficient we are with this material. This is the same as learning piano. Some students play very well in 2 to 3 years, but others have been studying for 5 to 6 years and might not play as well for various reasons.



"If you aren't familiar with a kanji, you should write it a few times along with all the major kun- and on-readings"

Stuart Gerchick
N5 Level
Enrolled in The Japan Foundation

Studying Japanese is my main hobby these days. I do use Japanese at work and write emails, etc., in Japanese, but my main purpose has always been the enjoyment of learning the language, especially kanji.

The JLPT, first of all, gives you a goal to focus on. You know the material that will be on the level exam you are taking, so you can prepare for that. It covers a wide variety of vocabulary, grammar, and listening exercises, so it can improve many skills.

By far the hardest is the listening section. It is a recording, so there are no non-verbal cues, and it is only played once. By repeatedly listening to examples of the listening section that come with JLPT books, I could overcome these problems. It was still the hardest section by far.

Vocabulary, kanji, and grammar didn't really faze me. Those I could review at home with a book. While I might know kanji already, I did make sure to review the list of kanji for my level of the JLPT. If you aren't familiar with a kanji, you should write it a few times along with all the major kun- and on-readings (the Japanese and Chinese readings of a kanji character, respectively). My advice for future JLPT takers is: Don't sweat it—just enjoy the learning experience.

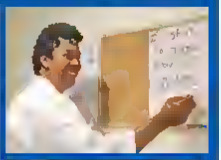
Disciplining Mixed Martial Arts

Rukasu Budo Dojo



The Rukasu Budo Dojo teaches classes of mixed ranks in a teaching environment conducive to each individual's level in order to allow each student to mold the crown Budo way of life.







Lucas-sensei mixes one-on-one training, small classes and Japanese culture, religion and language lessons into his Dojo, all while keeping a smile.

A martial arts school that focuses purely on training the mind and soul through the martial arts discipline is a rare sight among many schools in the city which train for tournaments and self-defense fighting. Returning to the Buddhist teachings, Rukasu Budo Dojo in Flushing, Queens, focuses on understanding the roots of their practiced art and each of its moves.

The Rukasu Budo Dojo takes pride in providing its disciples a well rounded martial arts education without getting caught up in the competitive mind set. Lessons in Buddhism, Bushido, Japanese language and culture, and respectful manners are all part of daily life at this Dojo. Head of the school, Charles Lucas Sensei, grew up learning many forms of martial arts from his father who had been stationed in Okinawa during the Vietnam War. He employs aspects from the multiple schools he has trained in, such as Gyokko-ryu (Jewel Tiger School) and Togakure-ryu Ninjitsu (School of the Hidden Door). While Gyokko-ryu is steeped heavily in Buddhist traditions and knowing yourself, Togakure-ryu Ninjitsu focuses on understanding your opponent. By combining these schools and others, Lucas Sensei has created a unique experience at his Dojo, where disciples can form a comprehensive understanding of Martial Arts and life for themselves.

The added lessons in Japanese language and Buddhist philosophy allow disciples to step back in time to understand the roots of the martial art traditions and why they were created. To move well in Martial Arts you must understand your own body, but to truly master the martial arts moves themselves, you must first understand the background and motivation behind the origin of the moves.

The combination of such different schools is a rare find in dojos around the world. Lucas Sensei warns, "The complexity of melding schools together and mastering yourself takes a lot of time and patience. It is something that needs to become your way of life, and not just something you practice a few times a week." For this reason, he has primarily taught teens and up throughout his career.

Rukasu Budo Dojo
25-38 Parson Blvd., (bet. 25th Dr. & Willets Point Blvd.), Flushing, NY 11354
TEL: 917-975-0925 | www.rukasubudodojo.com

Friends Academy

310 W. 103rd St., (bet. West End Ave. & Riverside Dr.), New York, NY 10025
TEL: 212-935-8535 | www.japaneseschool.org



Friends Academy offers language classes and cultural workshops for children who are native Japanese-speakers, aspiring bilinguals and anyone interested in Japanese culture. They have opened Tanpopo Preschool, a full day Japanese immersion preschool for children ages 3 to 6, in their Manhattan location expanded in April 2016.

Hills Learning

50 E. 42nd St., #900, (at Madison Ave.), New York, NY 10017
TEL: 212-784-0694 | www.hillslearning.com



Hills Learning has both group and private language classes. They are accredited to teach Asian languages and can offer classes for credit, business, or just general enrichment. They have instruction for all ages for Mandarin, Japanese, Korean, Thai or Cantonese. They are located right next to Grand Central Station.

The Japan Foundation, New York

1700 Broadway (bet. 53rd & 54th Sts.) 15th Fl., New York, NY 10019
TEL: 212-489-0299 | www.jfny.org/language



JF Japanese Language course focuses on what learners "can do" using Japanese in practical settings and also on exploring the culture. Students form a foundation for real-life Japanese situations and steadily build on it in relaxed, small classes led by their experienced teachers.

Japan Society

333 E. 47th St., (bet. 1st & 2nd Ave.), New York, NY 10017
TEL: 212-715-1256 | www.japansociety.org/language_center



The Language Center offers 13 levels of Japanese with specialized courses such as JLPT prep/kanji, manga, anime and J-drama. Classes catering to travelers and business people are also offered. All teachers have extensive teaching experience. The program has become one of the most respected in the nation.

Tenri Cultural Institute of New York

43A W. 13th St., (bet. 5th & 6th Aves.), New York, NY 10011
TEL: 212-645-2800 | www.tenri.org



Find a class that fits your schedule. They offer day and night classes during the week as well as weekend classes. Experience living in Japan by joining their study abroad programs at Tenri University, otherwise, join their regular held events that enrich their students' awareness of Japanese culture, food, and traditions.

Ikenobo Ikebana Class

The Nippon Club Culture Courses
145 W. 57th St., (bet. 6th & 7th Aves.) 6th Fl., New York, NY 10019
TEL: 212-581-2223 | www.nipponclub.org/culture



Learn the traditional Japanese art of flower arranging – Ikenobo, the origin of Ikebana. Classes are open to all levels. We will study Free style, Nageire and Shoka to provide a solid foundation in basic styles and techniques using a variety of seasonal materials at each lesson.

Washoku de Kita

212 E. 45th St., (bet 2nd & 3rd St.) New York, NY 10017
TEL: 646-963-4121



"Washoku" is a traditional Japanese cuisine that has been awarded UNESCO's Intangible Cultural Heritage status. It is celebrated for its refined cooking techniques favoring that brings out the best in seasonal ingredients and eye-pleasing plating. Learn to prepare real traditional Japanese cuisine from a professional chef.

WORLDWIDE-SOBA, INC.

95 Montrose Ave., (bet. Leonard St. & Manhattan Ave.) Brooklyn, NY 11206
TEL: 917-443-2222 | www.worldwide-soba.com/classes



Soba Making Lesson Every Sunday. Session 1/2 2.30pm. This lesson will include a lecture on the history and nutrition of soba as well as tasting and hands-on soba making. Consultations on setting up a kitchen to serve ramen are also available. Contact at worldwidesobanyc@gmail.com

Japan Center of New Jersey

PEAK Performing Arts Center, 734 Grand Ave., Unit F, Ridgefield, NJ 07657
TEL: 201-377-8005 | www.apancenternj.com



Japan Center of New Jersey is a Japanese cultural center where a broad range of seminars, events and classes are held. The center can also be used for different types of events by local residents to promote communication between Japanese and American communities. Many benefits are available for paid members.

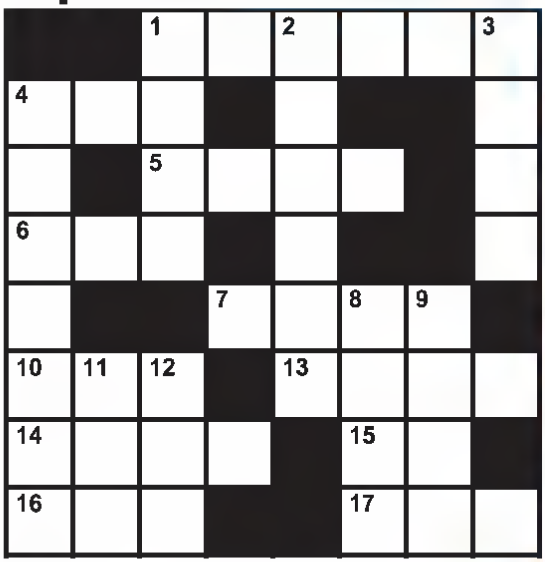
RESOBOX

41-26 27th St., (bet. Queens Plz N & 41st Ave.) Long Island City, NY 11101
TEL: 718-784-3680 | www.resobox.com



RESOBOX in Queens offers classes on Japanese culture each week for students of all levels. It is the only cultural center in New York with a broad variety of classes under one roof. Private classes are also available. Please contact at info@resobox.com or call for more details.

Japanese CROSSWORD



Across

1. A Japanese martial art that will be included in the 2020 Tokyo Olympic Games

4. An auxiliary verb that makes the main verb negative

5 An i-adjective meaning "far" and "distant"

6 _____(squid) is a popular sushi topping among Japanese.

7. "Seeds" in Japanese

10. Dictionary form of a verb that means "to have" and "to exist"

13. Dictionary form of a verb that means "to ride"

14. "Tiger" in Japanese

15. A _____ (mosquito) is an annoying creature when you're camping or at a barbecue

16. _____*go* (conger eel) is another popular sushi topping

17. If you want to say no in Japanese you say _____

Down

1. "North" in Japanese

2. A traditional Japanese inn known for its homey atmosphere

3. Often translated as "elegy," this genre of Japanese songs expresses melancholic moods in both lyrics and sounds

4. Facing the Sea of Japan, this snowy prefecture is known for its production of Koshihikari rice as well as craft sake

8. "Eaves" in Japanese

9. An i-adjective meaning "high ranking" and "distinguished" as well as "hard" and "tired"

11. _____*bun* means "thesis" and "dissertation."

12. In a coin toss, you should choose either *omote* (heads) or _____ (tails)



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School Guide

The following is a list of schools where you can learn Japanese culture.

© Coupon available at **www.chopsticksny.com**

★ Chopsticks NY available to pick up

LANGUAGE

Midtown West — The Nippon Club/Japan Foundation NY — Japanese



JF Japanese Language Courses Inc is on what you can do by using Japanese, and on practical activities that incorporate Japanese culture. Learn real-life Japanese and explore Japanese culture with us. Visit www.jfny.org/language/overview.html for more info.

145 W 57th St (bet 6th & 7th Ave.) | 212-581-2223 | www.nipponclub.org/culture

Midtown East — Hills Learning — Japanese



Hills Learning is a fully accredited-institution in New York that specializes in Asian language instruction. They have small group classes and private lessons tailored to individual goals and needs. Classes are available for Japanese, Korean, Chinese, and Thai.

50 E. 42nd St. #500 (at Madison Ave.) | 212-734-0694 | www.hillslearning.com

Upper West — Friends Academy — Japanese

310 W. 103rd St. (bet. Westend Ave. & Riverside Dr.) | 212-535-8535

New Jersey — Japanese-American Society of New Jersey* — Japanese



Their language program is taught by highly trained instructors who qualified through their special certification program. Group and individual lessons are available on and off the premises as well as via Skype.

304 Main St. 2nd Fl. Fort Lee, NJ 07024 | 201-461-5133 | www.jasofny.com

Upper West — Japan ICU Foundation — Japanese

475 Riverside Dr. #439 (bet. 119th & 120th Sts.) | 212-870-3388

Midtown East — Amity Languaga Institute* — Japanese

124 E. 40th St. #203 (at Lexington Ave.) | 212-697-0374

Midtown East — ihec language institute, inc.* — Japanese

369 Lexington Ave. #300 (bet. 40th & 41st Sts.) | 212-917-2000

Midtown East — Japan Society — Japanese

333 E. 47th St. (bet. 1st & 2nd Ave.) | 212-715-1256

Midtown East — Language House — Japanese

211 E. 43rd St. #1100 (bet. 2nd & 3rd Ave.) | 212-949-5456

Midtown East — PC Tach — Japanese

317 Madison Ave. #900 (at 42nd St.) | 212-986-4754

Chelsea — ABC Language Exchanga* — Japanese

146 W. 28th St. #5E (bet. 6th & 7th Ave.) | 212-503-7580

Chelsea — Tanri — Japanese

43A W. 13th St. (bet. 5th & 6th Ave.) | 212-645-2800









West Village **NYU-SCPS**
7 E 12th St (bet University Pl & 5th Ave) 212-998-7150 — Japanese

Long Island **Long Island Japanese**
21 Beacon Hill Dr Port Washington NY 11050 516-883-5745 — Japanese

Long Island **Long Island Japanese Culture Center***
2 Heaven Ave Ste 236 B Studio LL 1 Port Washington 516-551-4807 — Japanese

Westchester **Keio Academy**
3 College Rd Purchase NY 10577 914-701-3454 — Japanese

New Jersey **Iroha Nihongo***
8 West Bayview Ave Englewood Cliffs NJ 201 947-4632 — Japanese

New Jersey **R/Lingo Learning Center***
2400 Lemoine Ave #104 & 105 Fort Lee NJ 201 947 4707 — Japanese

TRADITIONAL

Upper West **Senkoe Shoda**
315 W 61th St (at West End Ave) 212-247-2587 — Calligraphy

Midtown West **N Y Togei Kyoshitsu School***
5 W 30th St 3 Fl (bet. 5th Ave. & Broadway) 212 268-1711 — Pottery

Midtown West **The Nippon Cloh**
145 W 57th St (bet. 6th & 7th Ave) 212-581-2223 — Sado

Soho **Kimono House**
131 Thompson St (bet Prince & Houston St) 212-505-0232 — Kimono

MARTIAL ARTS

Upper West **Kokoshi Bodo Institute**
332 Riverside Dr (bet 105th & 106th St) 646-620-7954 — Judo

Upper West **Shonaryu Matsuhayashi***
131 W 72nd St #2R (bet. Columbus & Amsterdam Ave) 212-875-8826 — Karate

Upper West **UWS Kenshikai Karate**
528 Columbus Ave (bet 105th & 106th St) 212-222-1172 — Karate

Upper East **Aikido Shoha Dojo**
360 E 92nd St. (at 1st Ave) 646-509-8212 — Aikido

Midtown West **Shinjinhukan New York**
539 8th Ave #307 (bet. 55th & 56th St) 917-400-8183 — Karate

Midtown West **Shorinji Kempo Midtown**
500 9th Ave (bet 36th & 36th St) 646-752-4488 — Karate

Midtown West **World Oyama Karate**
35 W 31st St. 8 Fl (bet. 5th Ave & Broadway) 212-629-7709 — Karate

Midtown East **KYOKUSHIN KARATE**
265 Madison Ave 5 Fl (at 39th St) 212-947-3334 — Karate

Midtown East **Rukase Bodo Dojo**
25-36 Parsons Blvd 347 745-1037 — Mix

Midtown East **Shido Gakua**
265 Madison Ave 5th fl (bet 38th & 40th St) 630-414-6544 — Kendo

Chelsea **New York Aikikai**
142 W 17th St 2 Fl (bet 6th & 7th Ave) 212-242-5249 — Aikido

Chelsea **U S. Bodo Kai-Kan**
110 W 17th St 2 Fl (bet 6th & 7th Ave) 212-807-7336 — Mix

Chelsea **Ueshuro Karate Dojo**
107 Chambers St (bet Church & W B way) 646-745-5172 — Karate

Chelsea **World Seido Karate**
61 W 23rd St 2 Fl (bet 5th & 6th Ave) 212-924-0511 — Karate

East Village **Karate Honma Doja**
58 E 11th St. 5 Fl (bet Broadway & University) 212 505-3950 — Karate

East Village **Shorinji Kempo Downtown**
64 E. 4th St. 3rd fl (bet 2nd Ave & Bowery) 347 277 4961 — Karate

Tribeca **Kan Zen Instituta**
54 Thomas St (bet. Church St & W B way) 212-406-9104 — Kendo

Tribeca **Dishi Jodo Cloh**
547 Greenwich St. (bet Vandam & Charlton St) 212-996-9850 — Judo

Long Island **Katayanagi Shotokan Karate**
935 Port Washington Blvd. 2FL Port Washington, NY 516-330-2369 — Karate

New Jersey **Kokushikai Judo***
24-28 Fair Lawn Ave. Fair Lawn NJ 07410 201 747-9888 — Judo

New Jersey **KYOKUSHIN KARATE NJ Branch**
380 Old River Rd 2 Fl Edgewater NJ 07020 212-947 3334 — Karate

OTHER

Brooklyn **Ramen Class**



A lecture on ramen is presented by a chef/owner of Brooklyn restaurants and a soba master Learn the know-hows of preparing your original ramen Consultations on opening up a kitchen to serve ramen are also available Email to schedule an appointment
36 Montrose Ave. (bet. Leonard St & Manhattan Ave) RamenClassBklyn@ymail.com — Cooking

Upper East **Saori Wanvag Arts**
227 E 87th St (bet. 2nd & 3rd Ave.) 212 722 2686 — Other School

Midtown West **Hariyama Ballet**
58-60 W 39th St 3rd Fl (bet 5th & 6th Ave) 347 451 1801 — Dance

Midtown West **The Nippon Club**
145 W 57th St (bet 6th & 7th Ave) 212-581-2223 — Dance

Midtown West **Toho Shoji N Y***
340 5th Ave (bet 36th & 37th St) 212-868-7465 — Jewelry Making

Midtown East **The DOJO**
265 Madison Ave 5 Fl (at 39th St) 212-947 3334 — Other School

Chelsea **Toko Kyudojo**
116 W 22nd St. 8th Fl (6th & 7th Ave) 212 513-0935 — Other School

Tribeca **Florentina School**
384 Broadway (bet Walker & White St) 212 925-6335 — Music

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333 East 47th Street | New York, NY 10017
(212) 715-1293 | japansociety.org/language





RECHARGE YOUR ENERGY WITH THE POWER OF RICE VINEGAR

New York's summer heat is still untamed even in early autumn. This weather is harsh on our bodies and deprives us of energy, but this is the time for us to build up our physical strength for the upcoming cold season. A secret ingredient that the Japanese take to keep energized during the lethargic season, which is also good all year around, is *su* or rice vinegar. Here we dig into the power of rice vinegar as a way to stay strong during the transition of the seasons.

RICE VINEGAR IN THE JAPANESE DIET

Although Japanese people consume a varieties of vinegars, rice vinegar is the most commonly used in their regular diet. Made of rice and water through the fermentation process, rice vinegar has a similar brewing process to sake, Japanese staple alcoholic drink. In the case of rice vinegar, an acidic agent is added to the brewed rice to continue fermenting. When you drink sake, you might be able to smell a rich aroma and taste a touch of sweetness from the rice, and rice vinegar has the same taste profile although it's really sour. But this taste profile makes it great with Japanese cuisine that maximizes rice as a staple ingredient.

DIFFERENT TYPES OF RICE VINEGAR

Kome-zu: Using more than 40 g of rice to make 1000 ml of vinegar. When genmai (brown rice) is used, it's often called Genmai-su.
Junmai-su: Vinegar made with only rice and water. Usually it requires more than 120 g of rice to make 1000 ml of vinegar.
Kuro-zu: Aged vinegar made with rice, wheat, and barley. Usually it uses more than 180g of rice to make 1000 ml of vinegar, and naturally it contains more amino acids than other types of rice and grain vinegar. It has a darker color, almost black, giving it the name Kuro-zu (black vinegar).
Aka-zu: Vinegar made with aged sake lees. It has a reddish color, giving it the name Aka-zu (red vinegar).

TRADITIONAL VINEGAR BASED SAUCES USED IN JAPAN

Sanbaizu: Mixture of equal amount of rice vinegar, soy sauce, and mirin.
Nihaizu: Mixture of equal amount of rice vinegar and soy sauce. Also called Su-joyu.
Amazu: Rice vinegar seasoned with sugar and salt. Used for pickling vegetables or fish.
Tosazu: Mixture made by diluting Sanbaizu or Nihaizu with bonito dashi broth.

The Japanese dish that most involves rice vinegar is sushi. Rice vinegar is essential for making sushi rice (rice dressed with a mixture of rice vinegar, sugar and salt), and some fish enhances its flavor by being cured with rice vinegar. Also, vinegar's antibacterial properties help to maintain sanitary sushi preparation.

Sushi is not an everyday dish in Japan, but Japanese enjoy sunomono (Japanese style salad dressed with a vinegar base sauce) regularly. Since it is non oil, it has a refreshing flavor whatever the main ingredients are. Common sunomono ingredients are cucumber, wakame seaweed, bean sprouts, and octopus. It is commonly enjoyed as a starter or palate cleanser, and it is also good for summer lethargy due to its appetizing flavor and nutritious benefits. Another popular summer dish using the power of rice vinegar is Hiyashi Chuka, cold soup-less ramen noodles in sweet and vinegary soy sauce.

Rice vinegar is also used for simmered and sautéed dishes to enhance flavor. One popular summer stamina dish is Deep Fried Chicken Wings Dressed with Sweet, Savory and Sour Sauce. Nanban-zuke is also an enticing power dish in summer. This escabeche-like dish is deep fried fish (or chicken) marinated in sweet and sour sauce and served chilled. When rice vinegar is heated, its sweet taste profile stands out, making it particularly enticing with oil.

A NUMBER OF HEALTH BENEFITS

Containing an abundance of acetic acid that has a lot of health benefits, rice vinegar is considered to help recovery from fatigue, increase appetite, promote calcium absorption, reduce internal body fat, control blood sugar levels, lower blood pressure, reduce cholesterol and more. Particularly when you feel tired, your body lacks glycogen. It is recommended that you take sugar and vinegar at the same time because the combination of the two is believed to recharge glycogen effectively. Eating the sweet and sour dishes mentioned above scientifically makes sense to fight summer lethargy.

NEW TREND IN JAPAN: DRINKING VINEGAR

The Japanese have been aware of the power of rice vinegar but in addition to the conventional ways of using rice vinegar in cooking, it has become more and more popular to take it as a drink. Today, there are many vinegar bars or cafés in Japan, which specialize in serving vinegar drinks. They do not only serve rice vinegar, but also other types of vinegar such as fruit based vinegars that have different nutritional benefits.

There are countless vinegar drink recipes you can make at home, but one of the most commonly enjoyed now in Japan is Banana Rice Vinegar drink. You mix rice vinegar, banana, and brown sugar in an airtight bin and let it rest for a couple of days until the brown sugar melts naturally. Dilute the banana vinegar mix with 5 times the amount of water or sparkling water, and you have a tasty Banana Rice Vinegar drink. Enjoy the refreshing vinegar drink and recharge your energy.



BOOST YOUR ENERGY WITH RICE VINEGAR ONION

Two hot ingredients among health conscious Japanese are rice vinegar and onion. Marinating onion slices in rice vinegar is an efficient way to obtain both of the ingredients' health benefits. Here are steps to make Rice Vinegar Onion, and the two energy boosting recipes that maximize its nutritious value and flavor.

Ingredients (Yields about 2 cups) 1 onion, 5 tbsp rice vinegar

Directions

1. Slice onion thinly, and leave it for about 15 minutes *
2. Put the sliced onion in a container or a Ziplock bag and add rice vinegar
3. Marinate it in a refrigerator for one day

*Nutritious components in the sliced onion become stabilized through this process. Do not wash in water.

Sauteed Pork Belly with Rice Vinegar Onion

Ingredients 1/3 lb thinly sliced pork belly, 1/3 cup rice vinegar onion, 1/4 tsp salt, Dried red chili pepper according to taste

Directions Heat a frying pan and place sliced pork belly. Once pork is done, add rice vinegar onion, salt and red chili pepper, and sauteé for a couple of minutes.



Wakame Seaweed and Rice Vinegar Onion

Ingredients 2 tbsp dry wakame seaweed, 1/3 cup rice vinegar onion, 1/4 tsp soy sauce

Directions Soak wakame seaweed in water for a couple of minutes to rehydrate. Squeeze out excess water and toss it with rice vinegar onion. Season with soy sauce to serve.

Supporting Healthy Life

Did you know? There are amazing health benefits to vinegar.



Vinegar helps the absorption of calcium in the body. When calcium is consumed with rice vinegar, it becomes calcium acetate, which is absorbed in the body 50% more than calcium.

Consuming rice vinegar with carbohydrates after workout promotes the recovery of glycogen– the primary fuel source for the body.

Vinegar can be used on meat to prevent rotting, remove unsavory smell and tenderize. It also brightens up the color of vegetables. Be healthy by using rice vinegar in your daily cooking.



[Ingredients] (Serves 10)

❑ 1 oz. fresh ginger root ❑ 2 oz. honey
❑ 2 oz. rock sugar candy ❑ 3 t/2 oz. Mizkan Rice Vinegar

[illegible]

1. Wash ginger root thoroughly and dry well. With the skin on, slice ginger very thin.
2. Using a jar with a tight fitting lid (avoid metal lids), pour honey and Mizkan Rice Vinegar into it. Tightly cover the jar and shake vigorously to mix the contents well.
3. Then add sliced ginger and rock candy into the mixture. Cover and refrigerate.
4. Once a day, for one week, shake the jar mixing the contents. The mixture is ready to enjoy and the sliced ginger in the jar is also edible. If desired after seven days, keep the jar in the refrigerator to keep the drink fresh longer.
5. The finished drink is concentrated, and needs to be diluted with warm water (or cold water) to the ratio of 1 (drink) to 5 (water).

mizkan.
Bringing Flavor to Life.

Mizkan America, Inc. www.mizkan.com Mt Prospect, IL 60056

The Power of Rice Vinegar



Su, or Rice Vinegar, is deeply embedded in the Japanese culture, both as a cooking element and as a health elixir. You may be most familiar with rice vinegar as an essential part of sushi rice as well as present in dressings such as carrot ginger. But did you know that people actually drink vinegar as a heath aid? Full of antioxidants and essential amino acids, rice vinegar aids everything from immunity to digestion and much more. In Japan there are currently even vinegar cafes and bars all across the country that serve up shots and drinks for the health conscious masses.

Made simply from rice and water through fermentation, rice vinegar, like all vinegars, has that acidic punch that on its own can be hard to swallow to many of us. Sushi, however, is how many of us in the states has come in contact with rice vinegar. Shari (sushi rice) is usually seasoned with a blend of rice vinegar, sake, salt and sugar. Equally important as the fish itself, sushi would not be sushi without a well-composed shari. We spoke with Chef Shinichi Inoue of Sushi Inoue, omakase sushi restaurant in Harlem, as he uses his own proprietary selection and blend for his sushi rice.

Chef Inoue, as all the sushi chefs do, considers rice vinegar so important to the sushi making process, utilizing not only in making shari, but also curing a certain types of seafood, rinsing seafood to enhance its flavor, and killing bacteria. And needless to say, mastering how to use rice vinegar in the sushi making would be the signature of each sushi chef. In Chef Inoue's case, he maximizes two types of rice vinegar: Aka-zu (red vinegar) and Shiro-zu (white vinegar) to make two types of shari in totally different taste profile. Aka-zu has a mellow flavor while Shiro-zu is clean, for example. He uses shari seasoned with Aka-zu for certain types of fish like Toro (fatty tuna), mackerel and conger eel in order to achieve greater harmony. Shari seasoned with shiro-zu is great for clean and subtle flavored seafood like fluke and shrimp.

According to Chef Inoue, using a little vinegar diluted with water not only cleans bivalves such as oysters and clams, but also lightly marinades them, ultimately making them sweeter. Finally, the antibacterial properties of rice vinegar help keep everything clean, including a sushi chef's hands. Could rice vinegar be the ultimate panacea? We're ready to believe.

Sushi Inoue
381 Lenox Ave. (at 129th St.), New York, NY 10027
TEL. 646-766-0555 | www.sushinoue.com



Chef Inoue's proprietary red rice vinegar. Would you do a shot? You can actually see the tint on his sushi rice, and the flavor is incredibly subtle.



Chef Inoue emphasizes the importance of rice vinegar in sushi preparation steps, including curing and marinating fish, seasoning sushi rice, and washing.



Skillful technique is required to make tasty sushi rice. Sushi zu (rice vinegar mix made for sushi) is poured over freshly cooked piping hot rice.

Grocery & Sake Guide

The following is a list of stores where you can buy Japanese food and liquor.

© Coupon available at www.chopsticksny.com

★ Chopsticks NY available to pick up

GROCERY

M2M Broadway & 114th — Japanese
2535 Broadway (bet. 114th & 115th St.) 212-280-4400

Donguri Midtown West* — Japanese
36 W. 56th St. (bet. 5th & 6th Ave.) 212-707-8525

Donguri Midtown East* — Japanese
129 E. 47th St. (bet. 3rd & Lexington Ave.) 212-755-7390

Katagiri & Co., Inc.* — Japanese
224 E. 59th St. (bet. 2nd & 3rd Ave.) 212 755-3566

NIIGATA* — Japanese
12 East 43th St. (bet. 5th & Madison Ave.) 212-813-1008

Sunrise Mart Midtown* — Japanese
12 E. 41st St. (bet. 5th & Madison Ave.) 646-340-8290

TOMIYA* — Japanese
239 E. 53rd St. (bet. 2nd & 3rd Ave.) 212-510-7311

H Mart Hon Ah Reum — Korean
25 W. 32nd St. (bet. 5th Ave. & Broadway) 212-695-3283

Woorijip — Korean
12 W. 32nd St. (bet. 5th Ave. & Broadway) 212.244.1115

Donguri Greenwich Village* — Japanese
456 6th Ave. (bet. 12th & 13th St.) 212-645-0237

Japan Premium Beef — Other
57 Great Jones St. (bet. Bowery & Lafayette) 212-260-2333

M2M Village — Japanese
55 3rd Ave. (bet. 10th & 11th St.) 212-353-2590

Sunrise Mart Astor Pl* — Japanese
4 Stuyvesant St. 2 Fl. (bet. 9th St. & 3rd Ave.) 212-598-3040

New Kam Man, LLC.* — Chinese
200 Canal St. New York, NY 10013 212-571-0330

Nijiya Japanese Groceries — Japanese
120 Essex St. (bet. Rivington & Delancey St.) 646-675-4324

Rosetta Wines* — Other
40 Exchange Pl. (bet. William & Broad St.) 212-391-0007

Tokyo Mart* — Japanese
91 Mulberry St. (bet. Bayard & Canal St.) 212-962-6622

Sunrise Mart SoHo* — Japanese
494 Broome St. (bet. Wooster St. & W. Broadway) 212-219-0033

Midoriya* — Japanese
167 N 9th St. (bet. Bedford & Driggs Ave.) 718-599-4690

Family Market* — Japanese
29-15 Broadway Astoria, NY 11106 718-956-7925

H & Y Marketplace — Korean
150-51 Northern Blvd. Flushing, NY 11354 718-461-1811

H Mart Northern 156 — Korean
156-40 Northern Blvd. Flushing, NY 11354 718-886-0005

H Mart Northern Blvd — Korean
141-40 Northern Blvd. Flushing, NY 11354 718 359-0700

H Mart Williston Park* — Korean
400 Hillside Ave. Williston Park, NY 11596 516-493-0270

H Mart Woodside — Korean
59-16 Woodside Ave. Flushing, NY 11377 718-440-0758

Sakura-ya* — Japanese
73-05 Austin St. Forest Hills, NY 11375 718-268-7220

Tokyo foods* — Japanese
45-08 44th St. Sunnyside, NY 11104 718-392-2233

H & Y Marketplace — Korean
478 Piersmview Rd. Hicksville, NY 11801 516-935-4041

H Mart Great Neck* — Korean
435 Great Neck Rd. Great Neck, NY 11021 516-482-3113

Nara Japanese Foods* — Japanese
1164 Main St. Port Washington, NY 11050 516-883-1836

Shin Nippon Do* — Japanese
63 Mineola Ave. Roslyn Heights, NY 11577 516-625-1814

DAIDO — Japanese
522 Mamaroneck Ave. White Plains, NY 10605 914-683-6735

Fuji Mart Scarsdale* — Japanese
118 White Plains Rd. Scarsdale, NY 10583 914-472 1468

H Mart Hartsdale* — Korean
371 North Central Ave. Hartsdale, NY 10530 914-448-8808

Kam Sen Foods* — Korean
22 Barker Ave. White Plains, NY 10601 914-428-4500

NIJIYA Market* — Japanese
16 N. Central Ave. Hartsdale, NY 10530 914-946-2170

Oishinbo* — Japanese
283 Halstead Ave. Harrison, NY 10528 914-835-4390

Asian Market — Chinese
91 Colvin Ave. Albany, NY 12203 518-456-9166

Fenling finn — Japanese
3716 Park Ave. Weehawken, NJ 07086 201-213-3999

H & Y Marketplace — Korean
433 S. Washington Ave. Bergenfield, NJ 07621 201-384-8288

H Mart Englewood — Korean
25 Lafayette Ave. Englewood, NJ 07631 201-871-8822

H Mart Little Ferry — Korean
260 Bergen Tpke. Little Ferry, NJ 07643 201-814-0400

H Mart Ridgefield — Korean
321 Broad Ave. Ridgefield, NJ 07657 201-543-5300

Hnn Nam Chnn* — Korean
1475 Bergen Blvd. Fort Lee, NJ 07024 201-224-0030

J MART — Japanese
44 Chestnut St. Ridgewood, NJ 07450 201-857-5738

Mitsuwa Marketplace* — Japanese
595 River Rd. Edgewater, NJ 07020 201 941 8113

Ridgewood Fisheries — Japanese
30 Prospect St. Ridgewood, NJ 07450 201-670-0882

Fuji Mart Connecticut* — Japanese
1212 Putnam Ave. Old Greenwich, CT 06870 203-698-2107

Million Asian Market — Other
18 Orange St. New Haven, CT 06510 203-772 1234

Mndn* — Japanese
30 N. Narberth Ave. Narberth, PA 19072 610-747-0557

Tnkyn Japanese Store — Japanese
5855 Ellsworth Ave. Pittsburgh, PA 15232 412-661-3777

SAKE

Gotham Wines & Liquors* — Sake/Shochu
2317 Broadway (bet. 83rd & 84th St.) 212-932-0390

Nancy Wnn's — Sake/Shochu
313 Columbus Ave. (bet. 74th & 75th St.) 212-877-4040

Garnet Wine & Liquors* — Sake/Shochu
529 Lexington Ave. (at 48th St.) 212 772 3211

Mister Wright* — Sake/Shochu
1583 3rd Ave. (bet. 89th & 90th St.) 212 722-4564

Ambassador Wine & Spirits* — Sake/Shochu
1020 2nd Ave. (at 54th St.) 212-421-5076

Landmark Wine* — Sake/Shochu
167 W. 23rd St. (at 7th Ave.) 212 242-2323

Union Square Wine & Spirits — Sake/Shochu
140 4th Ave. (at. 13th St.) 212-675-8100

Astor Wines & Spirits — Sake/Shochu
399 Lafayette St. (at 4th St.) 212-674-7500

SAKAYA* — Sake/Shucho
324 E. 9th St. (bet. 1st & 2nd Ave.) 212-505-7253

St. Marks Wine and Liquor — Sake/Shonhn
18 St. Marks Place (bet. 2nd & 3rd Ave.) 212-529-5463

Enst Villngn Wine — Sake
113 Stanton St. (bet. Attorney & Clinton St.) 212-358-7700

Rosetta Wines* — Sake
40 Exchange Pl. (bet. William & Broad St.) 212-391-0007

Snptembnr Wines & Spirits — Sake
100 Stanton St. (at Ludlow St.) 212 388-0770

Gmnyette Wine & Spirits* — Sake/Shonho
137 Grand St. (bet. Crosby & Lafayette St.) 212 925-1236

Smith and Vinn — Sake
268 Smith St. (bet. Sackett & Degraw St.) 718-243-2864

Allendale Wine Shoppe — Sake/Shonhn
101 W. Allendale Ave. Allendale, NJ 07401 201 327 7065

JAPANESE WHOLESALER

Central Boeki U S A, Ltd. — Food
55-30 48th St. Maspeth, NY 11378 718-729-4366

Dnnn Trading Co., Inc.* — Food/Sake
14-50 128th St. College Point, NY 11356 718-539-9100

Paleewong Trading — Sake
62-04 34th Ave. Woodside, NY 11377 718-507-6520

JFC International Inc.* — Food/Sake
55 Wilkie Way Linden, NJ 07036 908-525-4400

NY Mutual Trading Inc. — Food/Sake
77 Metro Way Secaucus, NJ 07094 201-333-8555

Winn of Jnpnn Import, Inc — Sake
235 West Parkway Pompton Plains, NJ 07444 973-835-4565

Wismettac Asian Foods, Inc. — Food/Sake
602 Washington Ave. Carlstadt, NJ 07072 201-804-1900

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"WA" Cooking

"Wa" means "harmony" and "balance" in Japanese and also signifies "Japan". In this cooking corner, Chopsticks NY introduces Japanese dishes that are harmonious with our everyday life in the U.S. Each month we share one recipe alternating between Sweets, Savory and Fusion categories. In the month of September, we introduce gluten free doughnuts glazed with miso flavored sauce.



Recipe created by Natsuko Yamawaki
After studying nutrition and macrobiotics in Japan and the U.S., she worked as a head dessert chef in Souen. Currently she works as private chef, food instructor/lecturer and food consultant.

Sweets Savory

Gluten Free Baked Doughnuts



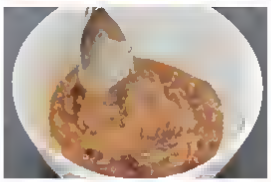
Miso is Japan's staple seasoning. It's usually used for savory dishes, but its umami and nutty flavor can also be incorporated in sweet snacks. With no egg, no dairy, and no gluten, this baked doughnut is a healthy dessert and miso almond glaze gives it a sweet and salty kick.

[Ingredients] (Yields 6 pieces)
❒ 1 cup Bob's Red Mill Gluten Free Mix ❒ 1 1/2 tsp baking powder ❒ 1 banana, puréed ❒ 3 tbsp maple syrup ❒ 1 tbsp coconut oil ❒ 1/8 tsp sea salt ❒ greasing oil
(For Miso Almond Butter Glaze) ❒ 1 tbsp almond butter ❒ 2 tbsp maple syrup ❒ 1/4 to 1/2 tsp red miso

[Directions]
1. Sift the gluten free mix, baking powder and salt into a bowl.
2. Use a hand blender or mortar and pestle to puree the banana and place it in a separate bowl; this should measure to 1/2 cup. If the purée is not quite 1/2 a cup, add water to increase the amount.
3. Mix the oil, maple syrup and banana puree in one bowl.
4. Mix the dry ingredients with the wet ingredients.
5. Preheat the oven to 350 °F.
6. Coat the doughnut mold pan lightly with oil, and then pour the mix into the mold smoothly.
7. Bake doughnuts in the oven for 12 to 15 minutes.
8. Mix all the glaze ingredients in one bowl and combine well. Add water for your own personal preference of the glaze's thickness.
9. After doughnuts have cooled, remove them from the mold, and glaze them.







point Miso's saltiness varies. Start with a small amount, and then add more to adjust to your taste.

Gluten-Free Summer Dish
with Kikkoman Seasonings



[Ingredients] (Serves 2)
- ❑ 3-4 Persian cucumbers
- ❑ 1/2 tsp salt
- ❑ 2 tbsp Kikkoman Rice Vinegar
- ❑ 2 tbsp Kikkoman Sweet Chili Sauce
- ❑ 3 ginger slices seeds

[Directions]

1 Slice cucumbers into 1/4 inch thickness and put them into a mixing bowl.

2 Julienne ginger slices into thin strips and add to the cucumber.

3. Add salt and mix well using hand. Let it sit for 5 minutes.

4 Squeeze out the excess liquid from the cucumber slices.

5 Add Kikkoman Rice Vinegar and Kikkoman Sweet Chili Sauce.

6 Let it sit for at least 15 minutes before serving.



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Japanese Restaurant Review

Miso Ramen
SALT + CHARCOAL
Tampopo Ramen

Mixology Lab

Black Sweet IWAI
by Takahiro Okada
of sakebar SHiGURE

Listing

Japanese Restaurant

Miso Ramen

189 Newark Ave. (bet. Barrow St. & Jersey Ave.) Jersey City, NJ 07302
TEL. 201-333-8634 | www.ramenmiso.com
Tue-Sun. 11:30 am-11 pm

Miso Ramen is an exciting addition to the up-and-coming Jersey City dining scene. This artisanal ramen restaurant features two types of broths, clear chicken and milky tonkotsu (pork bone), both of which take 15 hours to create each day. The broths go particularly well with Miso Ramen's thick and straight noodles, also made fresh in-house daily. "Because health is important in our ramen, we make our broths, noodles and even miso by ourselves," says Daniel Sun, owner of Miso Ramen. To savor the restaurant's fat-free clear broth, try *Seafood Ramen*. A variety of seafood, including shrimp, scallops, clams, and squid, are cooked in the chicken broth before serving, making the soup even more complex and umami-rich. House-made black garlic chili oil is drizzled over it, adding a kick to this light-tasting ramen. Miso Ramen's tonkotsu broth is well presented in *Kalbi Ramen*. This spicy ramen incorporates braised kalbi beef into the full-bodied, rich soup. Most ramen dishes are seasoned with the restaurant's signature miso, but some use *shoyu* (soy sauce) or *shio* (salt) to complement the toppings. Miso Ramen has also introduced a unique take on ramen. *Kanmen*, a soup-less ramen that is gaining popularity these days. Currently the restaurant is BYOB, which is convenient for customers wanting to try the restaurant's izakaya-style side dishes as well.



Seafood Ramen: Thick, straight noodles in an exquisite chicken soup are uplifted with an abundance of seafood toppings.



Braised beef rests in a spicy and hearty tonkotsu broth in *Kalbi Ramen*.



Miso Ramen's spacious and high-ceilinged dining room offers a relaxing environment. The wooden lattice, reminiscent of Japanese screens, gives a classic flavor to the modern décor.

3 Best Sellers

- **Chashu Ramen** $13
- **Kalbi Ramen** $17
- **Seafood Ramen** $16

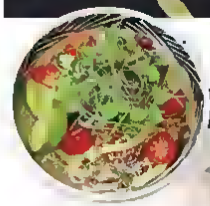
Salt + Charcoal

171 Grand St. (at Bedford Ave.) Brooklyn, NY 11249
TEL. 718-782-2087 | www.saltandcharcoal.com
Mon-Sun: 12 pm-4 pm, 5:30 pm-Midnight (last order 11 pm)

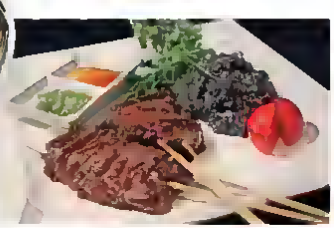
Williamsburg's Salt + Charcoal is the only "robata" place in the city with a license to cook with Japanese charcoal. This special ingredient used for char-broiling offers a smoky aroma and rich flavors that can't be matched by regular grilling. Vibrant robata atmosphere in a Brooklyn-chic decor makes you enjoy the hearty robata in style. Customers can enjoy a variety of meat, fish and veggie items, and with *Chef's Selects* you can try various combinations. Not to be missed is the popular *Char-Grilled Wagyu Rib-Eye Roll* that comes with black sesame risotto, a side of wasabi stem, truffle salt and special ponzu sauce. Everything at Salt + Charcoal is prepared with playful twists. For example, their sushi are all *hako-zushi* (pressed sushi) style, unique to Osaka and not often seen here in New York. Sides are healthy options such as six-grain rice, salad, sesame risotto, quinoa and hijiki. Another interesting feature is the noodles, which avoid standards like zaru soba and instead unique offer dishes like *Brooklyn Lime Soba*. Lunch customers can choose from a variety of sets ranging from yakiniku to grilled salmon teriyaki, and the evening crowd can enjoy amazing cocktails thanks to a recent renewal of the drink menu and bar.



The *Seafood Robata Style Kushiyaki* comes with char grilled salmon, mackerel and scallops on skewers and is served with a six-grain rice salad.



Brooklyn Lime Soba
Refreshing lime flavor adds a summery kick to this cold soba dish.



Char-Grilled Wagyu Rib-Eye Roll is one of the standout dishes. Marbled wagyu is sliced, rolled, skewered and grilled to perfection.

3 Best Sellers		
	Char-Grilled Wagyu Rib-Eye Roll	$26
	Young Cheddar Cheese Tempura	$10
	Seafood Robata-Style Kushiyaki	$26

Tampopo Ramen

1 Bennet Ave. (bet. 181st & 182nd Sts.) New York, NY 10033
TEL. 212-923-0575 | www.tampoporamennyc.com
Mon-Thu, Sun: 12 pm-10 pm, Fri & Sat: 12 pm-11 pm

It all started with their passion and love for food. Tampopo Ramen is the brainchild of Josh Frank and Nanae Mameuda-Frank, a husband-and-wife catering team, and their prototypes were incubated in their "home kitchen lab." They create what they themselves love to eat and have introduced chicken paitan (a milky broth made from chicken) ramen to the tonkotsu-heavy New York ramen scene. Again following their hearts, they chose a Washington Heights neighborhood that they love for the first permanent location of Tampopo Ramen. The restaurant offers four flavors of chicken paitan broth—shio, miso, shoyu, and spicy miso—all of which are paired with thick, curly egg noodles. Try *Spicy Miso Ramen* to sample the Tampopo flavor. Clean, yet still umami-rich chicken broth is elegantly seasoned with miso and gets a gentle kick from house-made chili sauce. You can choose either pork or chicken chashu for your main topping. Tampopo Ramen's menu is simple yet lets you savor Josh and Nanae's playful and exciting take on ramen. If you are a big eater, you'll enjoy *Hungry Man Ramen* which comes with all of the 13 toppings available at Tampopo. Josh and Nanae recently created *Yaki Ramen Hakata Style*, stir-fried ramen seasoned with salt, based on customers' requests. Even classic izakaya dishes like *Edamame* and *Karaage* are accentuated with secret twists. Your experience at Tampopo Ramen is sure to be both fun and delicious!



Gentle heat compliments the delicate paitan broth of *Spicy Miso Ramen*.



Taste the towering *Yaki Ramen Hakata Style*, an innovative dish created for customers who don't want to eat hot ramen soup during the summer.



Crisp red cabbage and scallions create a pleasant balance with the braised pork belly in the *Pork Buns*. Don't miss other Tampopo side dishes that pair perfectly with sake.



You'll enjoy dining surrounded by décor that pays tribute to the movie *Tampopo*.

3 Best Sellers		
	Shio Classic Ramen	$12
	Spicy Miso Ramen	$13.50
	Karaage Fried Chicken (5pcs)	$7

Japanese Restaurant Guide

$35 Average price for a dinner entree and a drink (sake or wine)

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Upper West

Bar Masa — $69
Time Warner Ctr, 10 Columbus Circle
212-823-9800

Don Japanese Restaurant — $20
2019 Broadway (at 69th St)
212-877-5255

Gari — $80
370 Columbus Ave (bet. 77th & 78th St.)
212-362-4616

Horu — $35
433 Amsterdam Ave (bet. 80th & 81st St.)
212-579-5955

Ichie Restaurant — $20
53 W. 106th St. (bet. Manhattan & Columbus Ave.)
212-865-4698

Jin Ramea* — $15
3183 Broadway (at 125th St.)
646-559-2662

Jin Ramen* — $15
462 Amsterdam Ave (at 82nd St.)
646-657-0755

Kitaro — $20
510 Amsterdam Ave (bet. 84th & 85th St.)
212-787-9008

Kouzaa — $25
695 Amsterdam Ave (at 93rd St.)
212-280-8099

Kamo Sushi — $30
165 W. 72nd St. (Columbus & Amsterdam Ave.)
212-580-6278

Mama Sushi — $25
237 Dyckman St. (Broadway & Seaman Ave.)
212-544-0003

Mana Organic Cafe — $20
646 Amsterdam Ave (bet. 91st & 92nd St.)
212-787-1110

Masa — $400
Time Warner Cir, 10 Columbus Cir, 4th Fl
212-823-9800

Matsa — $20
483 Columbus Ave (bet. 83rd & 84th St.)
212-799-7322

Momoya Amsterdam — $42
427 Amsterdam Ave (bet. 80th & 81st St.)
212-580-0007

Nabe Harlem* — $25
2367 Frederick Douglass Blvd (bet. 127th & 128th St.)
646-370-4008

Naruto Ramen — $16
2634 Broadway (at 100th St.)
212-222-0229

Next Door — $25
813 W. 187th St. (Pinehurst & Fort Washington)
212-543-2111

Mimi — $25
566 Amsterdam Ave (bet. 87th & 88th St.)
212-787-8316

Rai Rai Kea* — $15
1457 Amsterdam Ave (bet. 131st & 133rd Ave.)
917-639-3342

RAKU — $20
57 W. 76th St. (at Columbus Ave.)
212-873-1220

Saji's — $15
286 W. 109th St. (B'way & Amsterdam Ave.)
212-866-5926

Sama Sushi — $25
984 Amsterdam Ave. (bet. 107th & 108th St.)
212-280-5458

Sun-Chan — $25
2707 Broadway (bet. 103rd & 104th St.)
212-749-5009

Amaze Fusion & Lounge — $35
486 Amsterdam Ave (bet. 82nd & 83rd St.)
212-874-1078

Sushi Inoue — $70
381 Lenox Ave (bet. 129th & 130th St.)
646-755-0555

Sushi Yasaka* — $30
251 W. 72nd St. (Broadway & West End Ave.)
212-496-8460

Sushi Yu 2 — $18
827 W. 181st St. (bet. Pinehurst & Cabrini)
212-781-4133

Tenzan — $32
285 Columbus Ave (bet. 73rd & 74th St.)
212-580-7300

Vina Sushi & Sake* — $20
2853-55 Broadway (bet. 115th & 116th St.)
212-222-3500

Yasha Ramen* — $13
940 Amsterdam Ave (bet. 107th & 108th Ave.)
212-222-9995

Upper East

Aki Sushi — $25
1425 York Ave (bet. 75th & 76th St.)
212-628-1985

AMURA — $23
1567 2nd Ave. (bet. 80th & 81st St.)
212-772-1688

CHOCHIN — $15
310 E. 83rd St (bet. 1st & 2nd Ave.)
212-426-1218

Dogari — $40
309 E. 83rd St (bet. 1st & 2nd Ave.)
212-737-9606

Fuji Yama — $30
1466 1st Ave. (bet. 76th & 77th St.)
212-249-2722

Ginza — $20
800 Lexington Ave. (at 62nd St.)
212-486-7606





Nare Sushi: Midtown's Secret Sushi Haven

Tucked away in the famed luxury building, the The Galleria (115 East 57th Street) is one of New York City's newest sushi restaurants. Nare Sushi. Opened in December of 2015, this restaurant is named after one of the earliest forms of sushi called narezushi – fish that is simply covered in rice and fermented together for preservation. While it was up until now a well-kept secret, this Midtown East staple is quickly joining the ranks of the most essential Japanese restaurants in Manhattan.

The aim of Nare Sushi is to deliver the best possible food to their customers in a setting that pays homage to Japanese traditions. The space, devised by interior designer Yu Ohata is the essence of *wabi sabi*. It sits almost entirely under a vast skylight and has three tiers of seating areas: simple and elegant, it achieves an atmosphere that feels as intimate as it is spacious. It easily transitions from a comfortable lunch spot to a sophisticated place for dinner, and is perfect for dates, groups, and business meetings. There is also a ten-seat sushi counter, a space often coveted by the most passionate sushi enthusiasts who enjoy watching a master at work.

Served at Nare Sushi is Edomae style sushi – the Tokyo style sushi. The *Omakase* – 12 pieces and 1 roll – is easily the best way to sample their unparalleled bounty of fish. Tender Toro (Fatty Tuna), Madai (Seabream), Isaki (Grunt), and Uni (Sea Urchin) are all perfectly seasoned and presented. The buttery, gently cooked Aburi Toro (seared Fatty Tuna) is a revelation of flavor and texture. Generously filled rolls easily put to shame what you have eaten elsewhere. Sit at the counter and you can enjoy the added benefit of having the *Omakase* served piece by piece in the traditional manner.















Offerings from the kitchen are classic Japanese dishes like *Salmon Teriyaki*, as well as innovative ones like the deliciously herbaceous *Kale Noodle Salad* with a poached egg. The attention to detail is spectacular, from the precise cookery to the beautifully laid out presentation. *Assorted Tempura*, however, is a star dish – with perfectly battered and lightly fried vegetables, spearheaded by tempura shrimp. Kisu fish (Japanese Whiting), and Eel. This is a definite find, as authentic, delicate tempura made at this level is something that many New York diners have yet to truly experience.

Both the sushi counter and kitchen pay particular attention to the seasons, so the menu will change according to what is fresh and what is available at the time. But even once or twice a week, returning diners will have a chance to try a new dish or rare piece of fish. And with an extensive drinks menu that features nearly 24 different sakes, as well as wines, and beers, there is a perfect pairing for every dish, and every discerning palate.

A final surprise is that Nare Sushi is competitively priced, especially when you consider the level of skill and quality that it has to offer. Best sellers, like the *Chicken Teriyaki* and *Wild Salmon Teriyaki* are only $20 and $24, respectively. *The Tempura* is only $14. *Sushi and Sashimi Combination* for $30. An *Omakase* dinner is only $55, which by New York City standards is a steal. In so many ways, from price to quality, Nare Sushi can show you again what authentic Japanese food is all about.

NARE SUSHI

115 E. 57th St. (bet. Lexington & Park Aves.), New York, NY 10022
www.naresushi.com | 646.666.0061 | info@naresushi.com
Lunch: Mon-Fri 11:30 am-2:15 pm. Dinner: Mon-Sun 5:30-10:15 pm

Upper East **Hnru**
1329 3rd Ave. (at 76th St.)
212-452-2230 $30

Upper East **Haru Sake Bar**
1327 3rd Ave. (at 76th St.)
212-452-2230 $38

Upper East **Ichiro**
1854 2nd Ave. (bet. 97th & 98th St.)
212-363-6300 $30

Upper East **INASE**
1596 1st Ave. (bet. 82nd & 83rd St.)
212-628-1236 $40

Upper East **IRON Sushi***
355 E. 76th St. (bet. 1st & 2nd Ave.)
212 772-7600 $25

Upper East **Isohoma**
1666 3rd Ave. (bet. 93rd & 94th St.)
212-828-0099 $30

Upper East **A Asosan Sushi**
1103 1st Ave. (bet. 60th & 61st St.)
212-308-8825 $25

Upper East **Ko Soshi (2nd Ave.)**
1322 2nd Ave. (at 70th St.)
212-439-1678 $31

Upper East **Kn Snshi (York Ave.)**
1613 York Ave. (bet. 85th & 86th St.)
212 772-2838 $31

Upper East **Kyoto Soshi**
1240 Lexington Ave. (bet. 83rd & 84th St.)
212-288-5024 $30

Upper East **Mntsu**
411 E. 70th St. (bet. York & 1st Ave.)
212 744-5454 $30

Upper East **Naruto Ramen***
1596 3rd Ave. (bet. 89th & 90th St.)
212 289-7803 $10

Upper East **Ooki Snshi**
1575 3rd Ave. (bet. 88th & 89th St.)
212-628-3388 $35

Upper East **Poke**
343 E. 85th St. (bet. 1st & 2nd Ave.)
212-249-0589 $30

Upper East **Snsnbunn**
401 E. 73rd St. (bet. 1st & York Ave.)
212-249-8503 $40

Upper East **Shnhu-Shahn 70***
314 E. 70th St. (bet. 1st & 2nd Ave.)
212-861-5035 $25

Upper East **Snshi of Gnri**
402 E. 78th St. (bet. 1st & York Ave.)
212-517-5340 $30

Upper East **Soshi Snki***
1143 1st Ave. (bet. 62nd & 63rd St.)
212-371-0238 $57

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1577 York Ave. (bet. 83rd & 84th St.)
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1372 York Ave. (bet. 73rd & 74th St.)
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917 265-8254 $55

Upper East **Tnnzen**
968 2nd Ave. (bet. 52nd & 53rd St.)
212-980-5800 $35

Upper East **Totoya**
1144 1st Ave. (at 63rd St.)
212 751-6123 $25

Upper East **Wajman**
134 E. 61st St. (bet. Lexington & Park Ave.)
212-813-9085 $30

Upper East **YUKA***
1557 2nd Ave. (bet. 80th & 81st St.)
212 772 9676 $25

Upper East **Yoko**
1531 York Ave. (at 81st St.)
212-861-5100 $25

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212 730-5555 www.gogocurryusa-ny.com $2.5

Midtown West **Ar's Sushi**
374 W. 46th St. (at 8th Ave.)
212 265-5616 $15

Midtown West **Bamboo 52**
344 W. 52nd St. (bet. 8th & 9th Ave.)
212 315-2777 $12

Midtown West **Benihana**
47 W. 56th St. (bet. 5th & 6th Ave.)
212-581-0330 $30

Midtown West **OONBURI-YA***
253 W. 55th St. (bet. Broadway & 8th Ave.)
212-810-7909 $25

Midtown West **Hnnami Sushi**
857 9th Ave. (bet. 56th & 57th St.)
212-315-3161 $15

Midtown West **Hnru**
225 W. 43rd St. (at 7th Ave.)
212-354-5810 $35

Midtown West **Ichimasa**
302 W. 50th St. (bet. 8th & 9th Ave.)
212-315-4800 $20

Midtown West **Inokayn**
231 W. 40th St. (bet. 7th & 8th Ave.)
212-354-2195 $45

Midtown West **IPPUDO NY WESTSIDE**
321 W. 51st St. (bet. 8th & 9th Ave.)
212 974-2700 $32

Midtown West **Irohn**
152 W. 49th St. (bet. 6th & 7th Ave.)
212-354-9043 $30

Midtown West **ISE Menkui-tei 56**
56 W. 56th St. (bet. 5th & 6th Ave.)
212-707-8702 $25

Midtown West **KATSUHAMA55***
43-45 W. 55th St. (bet. 5th & 6th Ave.)
212-541-7145 $18

Midtown West **Kndnmn 45**
301 W. 45th St. (at 8th Ave.)
212-582-4065 $25

Midtown West **Koi**
40 W. 40th St. (bet. 5th & 6th Ave.)
212-921-3330 $60

Midtown West **Miru Snshi***
46 W. 22nd St. (bet. 5th & 6th Ave.)
212 989-7719 $11

Midtown West **Monster Soshi**
22 W. 46th St. (bet. 5th & 6th Ave.)
212 398-7707 $30

Midtown West **Natsnmi**
228 W. 50th St. (bet. Broadway & 8th Ave.)
212-258-2588 $40

Midtown West **Nippon***
245 W. 51st St. (bet. Broadway & 8th Ave.)
646-364-5332 $30

Midtown West **NOBU 57**
40 W. 57th St. (bet. 5th & 6th Ave.)
212 757-3000 $100

Midtown West **Ocha**
350 W. 48th St. (bet. 8th & 9th Ave.)
212-581-3198 $25

Midtown West **Ootoya Times Sqnare**
141 W. 41st St. (bet. 6th Ave. & Broadway)
212 704-0833 $20

Midtown West **SAIKAI Dining Bar**
24 Greenwich Ave. (bet. Charles & W. 10th Sts.)
646-838-5598 $30

Midtown West **Snke Bar Hngi**
152 W. 49th St. (bet. 6th & 7th Ave.)
212-764-9543 $25

Midtown West **Soke Bar Hagi 46**
358 W. 46th St. (bet. 8th & 9th Ave.)
212-956-2429 $30





Midtown West **Sapporo***
152 W 45th St. (bet. 6th & 7th Ave.) $18 L
212-869-8372

Midtown West **Shimiza**
311 W 51st St. (bet. 8th & 9th Ave.) $35 Su L
212-581-1581

Midtown West **Soba Nippon***
13 W 52nd St. (bet. 5th & 6th Ave.) $30 L
212-489-2525

Midtown West **Sushi Onmo**
330 W 58th St. (bet. 8th & 9th Ave.) $45 L
212-707-9825

Midtown West **Sushi of Gari 46**
347 W 46th St. (bet. 8th & 9th Ave.) $80 L
212-957-0046

Midtown West **Sushi Osaka**
535 8th Ave. NW 36th & 37th St.) $15 L
212-629-5708

Midtown West **Sushi Zen**
108 W 44th St. (bet. 5th & 7th Ave.) $70 Su L
212-302-0707

Midtown West **Sushidan***
123 W 45th St. (bet. 6th & 7th Ave.) $45 Su L
212-938-2800

Midtown West **Sushiya***
29 W 56th St. (bet. 5th & 6th Ave.) $20 L
212-247-5758

Midtown West **TABATA RAMEN***
540 9th Ave. (bet. 39th & 40th St.) $15 L
212-290-7691

Midtown West **TABATA RAMEN***
557 9th Ave. (btw. 37th & 38th Sts.) $15
212-465-2411

Midtown West **Tonkotsu Ramen**
805 9th Ave. (bet. 57th & 58th St.) $12 L
212-307-0170

Midtown West **Totto Ramen W. 51nd**
464 W. 51st St. (bet. 9th & 10th Ave.) $20 L
646-596-9056

Midtown West **Totto Ramen W. 52nd**
366 W. 52nd St. (bet. 9th & 5th Ave.) $20 L
212-582-0052

Midtown West **Yakitori TOTTO**
251 W. 55th St. (bet. Broadway & 8th Ave.) $45 L
212-245-4665

Midtown West **Yummy Sushi***
30 Rockefeller Plaza Concourse Level $10 Su L
212-459-2100

Midtown East

Midtown East **GO! GO! CURRY!***



East 53rd Stadium is the 9th locat on of Go! Go! Curry in NYC. They provide large portions at a reasonable price. Its fast d ning room is easily filled up dur ng lunch- and dinnertime. They also offer free delivery.
235 E. 53rd St. (bet. 2nd & 3rd Ave.) $8.5 L
646-870-5259 www.gogocurryusa-ny.com

Midtown East **Nishida Shoten**



N sh da Shoten is a ramen shop offering a wide range of menu items like tonkotsu ramen noodle soup and Izakaya style appetizers as well as over 30 d fferent kinds of cup sake. With the décor reminiscent of the old Japan, enjoy a un que experience like no other.
302 E. 48th St. (bet. 1st & 2nd Ave.) $13
212-308-0791 www.nimenjoe.com

Midtown East **Sakagura***



Largest sake bar in the world serving over 200 varieties of sake and seasonal daily specials. Homemade soba and lunch set of soba & rice bowl are popular. Th s amaz ng h decut situated on the basement level is perfect for couples. Private parties available.
211 E. 43rd St. B1F (bet. 2nd & 3rd Ave.) $50 L
212-953-7253 www.sakagura.com

Midtown East **Aburiya Kinnosuke***
213 E. 45th St. (bet. 2nd & 3rd Ave.) $65 L
212-687-5454

Midtown East **Arata Sushi**
1047 2nd Ave. (bet. 55th & 56th St.) $20 L
212-371-4338

Midtown East **Azusa**
3 E. 44th St. (bet. Madison & 5th Ave.) $35 Su L
212-111-0001

Midtown East **Gyu-Kaku***
805 3rd Ave. 2 FL (at 50th St.) $40 L
212-702-9813

Midtown East **Hinkobni**
The Kitano Hotel 66 Park Ave. (at 39th St.) $66 L
212-885-2000

Midtown East **Hotsuhana**
17 E. 48th St. (bet. Madison & 5th Ave.) $50 Su L
212-355-3345

Midtown East **Hide-Chan Ramen**
248 E. 52nd St. 2 Fl. (bet. 2nd & 3rd Ave.) $20 L
212-813-1800

Midtown East **HINATA**
150 E. 55th St. (bet. 3rd Ave. & Lex.) $20 L
212-355-2374

Midtown East **Hiroshi Japanese Fusion**
575 3rd Ave. (bet. 38th & 39th St.) $25 L
212-661-8200

Midtown East **Izakaya Ariyoshi**
226 E. 53rd St. (bet. 2nd & 3rd Ave.) $25 L
212-319-3940

Midtown East **Izakaya Riki**
141 E. 45th St. (bet. 3rd & Lexington Ave.) $40 L
212-986-5604

Midtown East **Jukai**
237 E. 53rd St. (bet. 2nd & 3rd Ave.) $30 Su L
212-688-9705







Midtown East **Kajitsu**
125 E 39th St (bet. Lex & Park Ave.) $80
212-228-4873

Midtown East **KATSUHAMA47***
11 E 47th St (bet. Madison & 5th Ave.) $18
212-758-5909

Midtown East **Kokage**
125 E 39th St (bet. Lex & Park Ave.) $35
212-226-4873

Midtown East **Kuruma Zushi**
7 E 47th St, 2 Fl (bet. Madison & 5th Ave.) $100
212-317-2902

Midtown East **Lucky Cat**
232 E 53rd St (bet. 2nd & 3rd Ave.) $30
212-838-5333

Midtown East **Nada-Sushi**
136 E 50th St (bet. 3rd & Lexington Ave.) $25
212-753-2537

Midtown East **NIKAI***
830 3rd Ave, 2nd Fl (at 51st St.) $12
212-355-8855

Midtown East **Nippan***
155 E 52nd St (bet. 3rd & Lexington Ave.) $49
212-758-0226

Midtown East **NORIKOH**
10 E 38th St (bet. Madison & 5th Ave.) $25
646-516-6778

Midtown East **Ramen Takami***
517 3rd Ave (bet. 34th & 35th St.) $10
212-679-2752

Midtown East **Shinbashi***
7 E 46th St (bet. Madison & 5th Ave.) $30
212-713-1001

Midtown East **Shinya Shokado**
248 E 52nd St (bet. 2nd & 3rd Ave.) $20
212-230-1234

Midtown East **Shochu & Tapas AYA**
247 E 50th St (bet. 2nd & 3rd Ave.) $30
212-715-0770

Midtown East **Soba TOTTO**
211 E 43rd St, 1 Fl (bet. 2nd & 3rd Ave.) $40
212-557-8200

Midtown East **Sushi Time**
621 2nd Ave (at 44th St.) $20
212-983-8883

Midtown East **Sushi You**
246 E 51st St (bet. 2nd & 3rd Ave.) $85
212-752-2987

Midtown East **SushiAna**
38 E 51st St (at Park Ave.) $50
212-755-1780

Midtown East **Sushidaa**
13 E 49th St (bet. Madison & 5th Ave.) $45
212-758-2700

Midtown East **TERIYAKI BOY**
944 2nd Ave #3 (bet. 1st & 2nd Ave.) $30
917-868-2033

Midtown East **TOMI JAZZ**
239 E 53rd St (bet. 2nd & 3rd Ave.) $30
646-467-1254

Midtown East **Totto Ramen E. 52nd**
248 E 52nd St. (bet. 2nd & 3rd Ave.) $20
212-421-0062

Midtown East **West Udon Izakaya**
150 E 45th St. (bet. 3rd & Lexington Ave.) $10
212-322-0577

Midtown East **Yakiniku GEN***
250 E 52nd St. (bet. 2nd & 3rd Ave.) $50
212-602-1128

Midtown East **YAMA Restaurant**
308 E 45th St (bet. 1st & 2nd Ave.) $28
212 355-3370

Korea Town

Koreatown **Ichi Umi Restaurant***
6 E 32nd St. (bet. Madison & 5th Ave.) $30
212-725-1333

Koreatown **Izakaya MEW***
53 W 35th St (bet. 5th & 6th Ave.) $25
646-388-3384

Koreatown **Kirakuya**
2 W 32nd St. (bet. 5th Ave. & Broadway) $30
212-695-7272

Koreatown **Toyama Sushi**
11 W 36th St (bet. 5th & 6th Ave.) $22
212-967-9541

Chelsea

Chelsea **Banjo***

A self-service restaurant conveniently located near union square station. Banjo features an original menu created by the Japanese owner. There are many items to choose from, including sushi, bento, ramen, udon, daily donburi and sake.
20 E 17th St (bet. 5th Ave. & Broadway) $10
646-336-7004

Chelsea **GO! GO! CURRY!***

Chelsea Stadium is the 4th location of Go! Go! Curry! in NYC. "Katsu curry", "Home-run curry" and "Grand Slam" are always popular among New Yorkers. On the 5th, 15th and 25th of each month, get free topping coupons on purchase for GO GO DAY.
144 W 14th St (bet. 6th & 7th Ave.) $8.5
212-255-4555 www.gogocurryusa-ny.com

Chelsea **AA Ichiban Sushi**
213 W 23rd St (bet. 7th & 8th Ave.) $18
212-675-8188

Chelsea **Ajisai Ramen***
136 W 28th St (bet. 6th & 7th Ave.) $18
646-638-0888

Chelsea **Asuka Sushi**
300 W 23rd St (at 8th Ave.) $25
212-727-0968

Chelsea **Blue Ginger**
166 8th Ave (bet. 15th & 16th St.) $30
212-352-0811

Chelsea **Hanamizuki Cafe***
143 W 29th St (bet. 6th & 7th Ave.) $9
212-695-5533

Chelsea **Izakaya NoMad**
13 W 28th St (bet. 5th & 6th Ave.) $25
212-213-6258

Chelsea **Kiku Sushi**
235 9th Ave (bet. 24th & 25th St.) $15
212-627-3960

Chelsea **Momoya Chelsea**
185 7th Ave (at 21st St.) $40
212-989-4466

Chelsea **Monster Sushi**
158 W 23rd St (bet. 6th & 7th Ave.) $30
212-620-9131

Chelsea **MORIMOTO**
88 10th Ave (bet. 15th & 16th St.) $90
212-989-8883

Chelsea **Naka Naka**
458 W 17th St (bet. 9th & 10th Ave.) $50
212-929-9544

Chelsea **Ootoya Chelsea**
1 W 18th St. (bet. 5th & 6th St.) $20
212-255-0018

Chelsea **Ushiwakamaru**
352 W 23rd St. (bet. 8th & 9th Ave.) $80
917 535-3840

Chelsea **Yakiniku Futago**
37 W 17th St (bet. 5th & 6th Ave.) $29
212 620-0225

Gramercy

Gramercy **15 EAST**
15 E. 15th St (bet. Union Sq. W & 5th Ave.) $80
212 547-0015

Gramercy **Ajisushi**
519 3rd Ave (bet. 34th & 35th St.) $25
212-696-2055

Gramercy **Choshi***
77 Irving Place (at 19th St.) $20
212-420-1419

Gramercy **Hana**
346 1st Ave (at 20th St.) $30
212-598-0135

Gramercy **Haru**
220 Park Ave. S (at 18th St.) $30
646-428-0965





ADVERTISEMENT

Flawless Dishes Direct from Japan: Just Add Water



Once plated, Shunsai no Kuni dishes are indistinguishable from homemade. That's because they are simply the real thing.



These convenient packets don't take up much space and you can bring them with you anywhere.

True World Foods is renowned for its vast global network of fisheries that offers access to some of the best fish in the world. But some may not realize that the company has been a pivotal resource for innovative food producers from Japan. One such example is Iwata Foods, which has recently made a splash in the U.S. Market with its dried food products called *Shunsai no Kuni*. Located in Aichi Prefecture Japan, this company recently held a tasting demonstration at New Jersey's Mitsuwa Marketplace to incredible acclaim.

Unlike other dried food products you may have seen, Iwata Foods' process hinges on *neppu kanso* – which means hot air drying. This unique, proprietary method perfectly dehydrates not just individual ingredients, but entire dishes that have been fully cooked and seasoned. And unlike freeze-drying, which requires fine chopping of ingredients in order to be successful, this process allows ingredients within a dish to remain at their intended size. Best of all, the process allows dishes to retain their original flavor and nutritional value. And unopened, packets last between 1 to 2 years.

The first line of *Shunsai no Kuni* products, which focuses on popular Japanese side dishes, has already made a huge splash in Hawaii. Currently available are Horenso Ohitashi (simmered spinach), Hijiki (brown seaweed), Kinpira Gobo (simmered burdock), Okara-ni (simmered soy pulp), Komatsuna Ohitashi (simmered mustard spinach), and Kiriboshi Daikon-ni (simmered daikon radish). All that one has to do is unseal the packet, directly pour in 1/2 cup of boiled water, and reseal – in just 10 minutes, the food is perfectly rehydrated and looks no different from a version made from scratch.

The taste and texture are equally authentic and indistinguishable from something homemade. If you weren't told they were dehydrated beforehand, you would not believe that these products have been dried at all. People who visited the demonstration booth all found the products to be light, fresh, and something they would have again. Even one Japanese housewife that is used to making these side dishes from scratch admitted that her husband liked the *Shunsai no Kuni* products better.

Now available in New York, California, and Chicago, *Shunsai no Kuni* products are perfect for the home and for restaurants that want to deliver high quality side dishes but may have a hard time finding authentic ingredients.

Cooking Demo at Mitsuwa Marketplace



(Left to Right) Mr. Shimizu and Mr. Monmoto of Iwata Co., and Ms. Goto of Ohana Dream

On July 15-17, Shunsai no Kuni was premiered in the greater New York area. The live demo at Mitsuwa Marketplace in Edgewater, New Jersey, was a huge success, impressing Japanese and Americans alike. Make sure to ask about which aisle to go to next time you are there!

Mitsuwa Marketplace
595 River Rd
Edgewater, NJ 07020
TEL: 201 941-9113
www.mitsuwa.com

True World Foods

About True World Foods Dedicated to providing our customers the highest quality, freshest and tastiest products everyday!

32-34 Papetti Plaza, Elizabeth, NJ 07206 / TEL: 908-351-9090
www.trueworldfoods.com / info@trueworldfoods.com

Gramercy — **Kaiten Sushi East***
3[illegible] 3rd Ave (bet. 26th & 27th St.) — $15
212-889-2226

Gramercy — **Mishima***
164 Lexington Ave (bet. 30th & 31st St.) — $25
212-532-8590

Gramercy — **Momokawa**
157 E. 28th St. (bet. 3rd & Lexington Ave.) — $35
212-481-7830

Gramercy — **Sohun**
141 Lexington Ave (bet. 30th & 31st St.) — $20
212-481-7796

Gramercy — **Sushi SAMBA**
245 Park Ave. S. (bet. 19th & 20th St.) — $35
212-475-5377

Gramercy — **Sushi SEN-NIN**
30 E. 33rd St. (bet. Park Ave. S. & Madison Ave.) — $40
212-213-2206

Gramercy — **YAMA Restaurant**
122 E. 17th St. (at Irving Pl.) — $20
212-475-0583

West Village

West Village — **GO! GO! CURRY!***

With the motto "Everything for your genki vigor!" 5th, 15th, 25th are Go!Go! Day. Order any kind of Curry and you can receive one free topping coupon. Vegetable Curry is now available at the Washington Square Park Stadium location. They offer free delivery.
231 Thompson St. (bet. W. 3rd & Bleecker St.) — $8.5
212-505-2955 www.gogocurryusa-ny.com

West Village — **Cho Cho See***
15 W. 8th St. (bet. 5th & 6th Ave.) — $25
212-473-3333

West Village — **Dojo Restaurant ***
14 West 4th St. (at Mercer St.) — $25
212-505-8343

West Village — **EN Japanese Brasserie**
435 Hudson St. (at Leroy St.) — $40
212-647-9196

West Village — **Hakata Tonton***
61 Grove St. (bet. 7th Ave. & Bleecker St.) — $25
212-242-3186

West Village — **Merami**
545 LaGuardia Pl. (bet. Bleecker & 3rd St.) — $30
212-979-7056

West Village — **Mikado***
525 6th Ave. (bet. 13th & 14th St.) — $20
212-255-9981

West Village — **Miyagi**
220 W. 13th St. (bet. 7th & Greenwich Ave.) — $25
212-620-3830

West Village — **Momen Tokumi***
1 University Pl. (bet. University Pl. & Waverly Pl.) — $13
212-228-2752

West Village — **Momen-Ya West 3rd**
133 W. 3rd St. (bet. Macdougal & 6th Ave.) — $15
212-254-1628

West Village — **Ramen-Ya West 4th**
181 W. 4th St. (bet. 6th & 7th Ave.) — $15
212-633-5440

West Village — **Rockmarshe***
11 Barrow St. (bet. 4th & Bleecker St.) — $35
212-675-7775

West Village — **Soraku**
24 Greenwich Ave. (at 10th St.) — $50
646-998-5588

West Village — **Souen Restaurant***
28 E. 13th St. (bet. University Pl. & 5th Ave.) — $20
212-627-7190

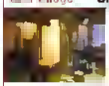
West Village — **Sushi Mambo**
255 Bleecker St. (bet. Leroy & Cornelia St.) — $18
212-675-5895

West Village — **Sushi Yawa**
25 W. 8th St. (bet. 5th & 6th Ave.) — $30
212-253-5488

West Village — **Tomoe Sushi**
172 Thompson St. (bet. Houston & Bleecker St.) — $40
212-777-9348

West Village — **Umami Shoppu***
513 6th Ave. (bet. 13th & 14th St.) — $15
212-229-9991

East Village

East Village — **Cha-An**

Serving a wide variety of tea from China, Japan and India as well as original sweets created by our pastry chef. The Daily Special Set for lunch or dinner goes well with white or sake. Traditional tea ceremony in Sa ka-do (tatami tea room) is available by reservation.
230 E. 9th St. 2Fl (bet. 2nd & 3rd Ave.) — $20
212-228-8030 www.chaanteahouse.com

East Village — **Curry-Ya**

Your hunger will undoubtedly be satisfied at Curry-Ya. Gourmet Japanese Curry boasts amazingly rich and complex flavors, and the intimate interior and atmosphere makes anyone feel comfortable dining alone or with friends. Lunch Set available from noon to 4 pm.
214 E. 10th St. (bet. 1st & 2nd Ave.) — $20
866-502-8775 www.nycurry-ya.com

East Village — **Otafuku x Medetai***

Otafuku x Medetai specializes in popular Japanese comfort food. Takoyaki (octopus balls) and Okonomi yaki pancakes as well as Medetai (Taiyaki) and Yakisoba. Our food will make you feel like you are in downtown Tokyo.
220 E. 9th St. (bet. 2nd & 3rd Ave.) — $7
646-998-3436

East Village — **Rai Rai Ken***

Have you ever seen the movie Tampopo, a Japanese cult movie about serving ramen noodle soup? Rai Rai Ken lets you experience the real Tokyo ramen without MSG. Don't forget our homemade gyoza too. They guarantee the most delightful experience!
214 E. 10th St. (bet. 1st & 2nd Ave.) — $15
212-477-7030

East Village — **Ashiya**
187 1st Ave. (bet. 10th & 11th St.) — $15
212-506-3348

East Village — **Rice Burger Yonekichi**

Rice burgers have arrived in the East Village. The buns are rice patties that are 100% additive-free and grilled to order with just a slight brush of soy sauce. Enjoy the simple taste of rice while savoring our umami-loaded fillings.
238A E. 9th St. (bet. 2nd & 3rd Ave.) — $14
646-863-4785 www.yonekichi-ny.com

East Village — **Sobaya***

Making soba by hand daily from high quality buckwheat flour imported from Japan. All natural ingredients make soba a healthy meal. Try Lunch Box with soba, [illegible] and dessert. Daily specials, appetizers and sake also available for dinner.
229 E. 9th St. (bet. 2nd & 3rd Ave.) — $20
212-533-6966 www.sobaya-nyc.com

East Village — **Ummole**

Ummole is a Japanese comfort food restaurant in East Village with a fine selection of sake and over 50 kinds of shochu. All authentic Japanese home-style dishes are prepared by the owner/chef. Try Goto Udon (udon noodles from Goto Islands of Japan).
8[illegible] E. 3rd St. (bet. 1st & 2nd Ave.) — $20
646-654-1122 www.downtownumi-now.com

East Village — **Beron Beron**
154 1st Ave. (at 10th St.) — $30
212-477-1005

East Village — **BOND ST**
6 Bond St. (bet. Lafayette & Broadway) — $75
212 777 2500

East Village — **Cho-Ko Restaurant**
59 1st Ave. (bet. 3rd & 4th Sts.) — $10
212 388-0985

East Village — **Dieci**
220 E. 10th St. (bet. 1st & 2nd Ave.) — $40
212 387 8545

East Village — **East Noodle**
119 2nd Ave. (at 7th St.) — $16
212-982-4285





East Village — Gyu-Kaku*
34 Cooper Sq (bet. 4th St & 3rd Astor Pl)
212 475-2529
$40 L

East Village — Hakata Hot Pot
56 St. Marks Pl (bet. 1st & 2nd Ave.)
212-533-9711
$30

East Village — Hasaki*
210 E. 5th St (bet. 2nd & 3rd Ave.)
212 473-8327
$40 L

East Village — Hi-Collar
214 E. 10th St. (bet. 1st & 2nd Ave.)
212-777-7018
$20 L

East Village — Ichi88
186 1st Avenue, New York, NY 10009
212 777-1905
$15 L

East Village — IPPUDO NY
65 4th Ave (bet. 9th & 10th St.)
212-388-0088
$29 L

East Village — IRON Sushi*
212 10th St. (bet. 1st & 2nd Ave.)
212-228-0102
$25 L

East Village — Izakaya
326 East 6th St.(bet. 1st & 2nd Ave.)
917 457-1214
$40

East Village — Jack's Sliders & Sushi
171 3rd Ave. (bet. 16th & 17th St.)
212 466-2828
$15 L

East Village — Japonica
100 University Pl. (at 12th St.)
212 243-7752
$40 L

East Village — JEWEL BAKO
239 E. 5th St. (bet. 2nd Ave. & Cooper Sq.)
212 979-1012
$45

East Village — Kambi Ramen House*
351 E. 14th St. (bet. 1st & 2nd Ave.)
212-228-1388
$15 L

East Village — Kanka*
26 St. Marks Pl (bet. 2nd & 3rd Ave.)
212 254-6363
$25

East Village — Kyo Ya
94 E. 7th St (bet. Ave. A & 1st Ave.)
212 982-4140
$42 M

East Village — May's Place Sushi
121 2nd Ave (bet. 7th & St. Marks Pl.)
212-533-8446
$15 L

East Village — MINCA
536 E. 5th St. (bet. Ave. A & B)
212-505-8001
$10 L

East Village — OH! Taisho*
9 St. Marks Pl (bet. 2nd & 3rd Ave.)
212-673-1300
$20

East Village — Dotoya Greenwich Village
41 E. 11th St (at University Pl.)
212-473-4380
$20 L

East Village — Ramen Misoya New York
125 2nd Ave. (bet. 7th St. & St. Marks Pl.)
212-677-4925
$10 L

East Village — Ramen Setagaya *
345 St. Marks Pl (bet. 2nd & 3rd Ave.)
212-387-7559
$13 L

East Village — Rahataya NY
231 E. 9th St. (bet. 2nd & Stuyvesant St.)
212-979-9774
$50 L

East Village — Sake Bar Decibel
240 E. 9th St. (bet. 2nd & 3rd Ave.)
212-979-2733
$40

East Village — Saka Bar Satsko
202 E. 7th St (bet. Ave. B & C)
212-614-0533
$25

East Village — SAKI
56 3rd Ave. (bet. 10th & 11th St.)
212-353-5088
$25 L

East Village — Shabu-Tatsu*
216 E. 10th St. (bet. 1st & 2nd Ave.)
212-477-2972
$30

East Village — Sobakoh*
309 E. 5th St (bet. 1st & 2nd Ave.)
212-254-2244
$15 L

East Village — Sogan East Village*
326 E. 6th St (bet. 1st & 2nd Ave.)
212-388-1155
$15 L

East Village — Sushi Dojo
110 1st Ave (bet. 7th & 6th St.)
646-692-3336
$31 M

East Village — Sushi Lounge*
56 St. Marks Pl (bet. 1st & 2nd Ave.)
212-533-7711
$20

East Village — Takahachi East Village
85 Ave. A (at 5th St.)
212-505-6524
$25

East Village — TESHIGOTOYA
432 E. 13th St (bet. Ave. A & 1st Ave.)
212 777 3174
$25

East Village — Udon West*
11 St. Marks Pl (bet. 2nd & 3rd Ave.)
$20 L

East Village — Village Yokocho
8 Stuyvesant St 2Fl (bet. 9th St. & 3rd Ave.)
212-564-5041
$20

East Village — Wasaa
10 E. 4th St (bet. 1st & 2nd Ave.)
212-777-1970
$35

East Village — Yakiniku West*
218 E. 9th St (bet. 2nd & 3rd Ave.)
212-979-9238
$25

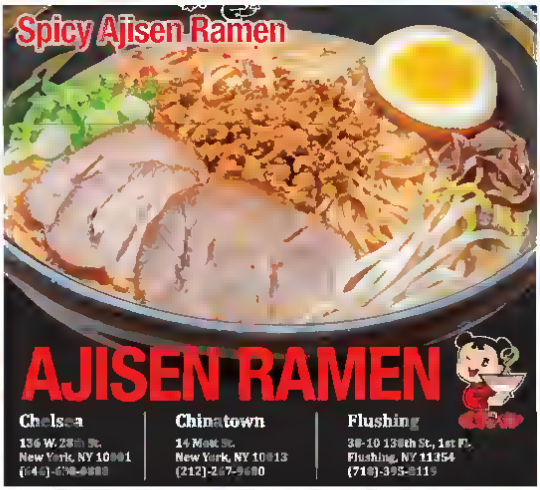
East Village — Yakitori Taisho*
5 St. Marks Pl (bet. 2nd & 3rd Ave.)
212 228-5095
$20

East Village — Yoshi Sushi*
131 Ave. A (bet. St. Marks PL & 9th St.)
212-420-5309
$25 L

East Village — Yoba Restaurant
105 E. 9th St. (bet. 3rd & 4th Ave.)
212 777-8188
$40 L









East Village **Zan 6***
328 E 11th St (bet. 1st & 2nd Ave) $15
646-429-8471

East Village **Zan 6***
31 St. Marks Pl (bet. 2nd & 3rd Ave) $12
212-533-6855

East Village **ZUNDO-YA**
84 E 10th St (bet. 3rd & 4th Ave) $20
917 639 9549

Lower Manhattan

Lower Mhn **GO! GO! CURRY!***



World Trade Center Stadium is their 3rd location after Times Square and Washington Square Park Stadium. On the 15th, 15th and 25th of each month get free topping coupons on purchase for GO GO DAY. Check the website for special promo

12 John St (bet. Broadway & Nassau St) $8.5
212-406-5565 www.gogocurryusa-ny.com

Lower Mhn **Ajisan Ramen***
14 Mott St. (bet. Worth & Bayard St) $16
212-267-3680

Lower Mhn **Azasu**
49 Clinton St.(bet. Stanton & Rivington St) $30
212-777-7069

Lower Mhn **Banto Sushi***
32 Broadway (at Morris St.) $8
212-747-0954

Lower Mhn **Cube 63**
63 Clinton St. (bet. Rivington & Stanton St.) $21
212-228-6751

Lower Mhn **Gan Raman**
112 Eldridge St., (bet. Broome & Grand St) $15
212-966-3656

Lower Mhn **ISE Downtown***
56 Pine St (bet. Pearl & William St) $38
212-785-1600

Lower Mhn **Japanese Curry Goemon**
29 Kenmare St (bet. Elizabeth & Mott St) $15
212-226-1262

Lower Mhn **Kajou**
21 South End Ave (at W Thames St) $39
212-786-9848

Lower Mhn **Mottsa**
205 Mott St (bet. Prince & Houston St) $25
212-343-8017

Lower Mhn **NY Sushi Ko**
91 Clinton St (bet. Rivington & Delancey St.) $61
917 734-5857

Lower Mhn **Quickly Shabu Shabu**
237B Grand St. (bet. Chrystie St. and Bowery) $13
212-431-0588

Lower Mhn **Say**
102 Suffolk St (bet. Delancy & Rivington St.) $14
212-253-1158

Lower Mhn **Sushain**
325 Broadway (bet. Worth & Duane St.) $26
212-962-2500

Lower Mhn **SUteiShi**
24 Peck Slip (bet. Front & Water St.) $30
212-766-2344

Lower Mhn **Yakitori Tora**
72 Kenmare St. (bet. Mulberry & Mott St.) $35
212-966-1100

Lower Mhn **Yapparat**
151 Rivington St (bet. Suffolk & Clinton St.) $40
212-777-7253

Tribeca

Tribeca **Azabu**
428 Greenwich (bet. Laight & Vestry St.) $25
212 274-0428

Tribeca **B Flat**
277 Church St.(bet. White & Franklin St) $25
212-213-2570

Tribeca **Brushstroke**
30 Hudson St. (at. Duane St) $130
212 791-3771

Tribeca **NINJA***
25 Hudson St. (bet. Reade & Duane St) $35
212-274-8500

Tribeca **NOBU**
105 Hudson St. (at Franklin St.) $100
212-219-0500

Tribeca **NOBU NEXT DOOR**
105 Hudson St. (bet. Franklin & N. Moore St.) $75
212-334-4445

Tribeca **Rasanjin**
141 Duane St (bet. Church St. & W. Broadway) $80
212-346-0664

Tribeca **Shigare***
277 Church St (bet. White & Franklin St.) $25
212-965-0200

Tribeca **Sushi Azaba**
428 Greenwich (bet. Laight & Vestry St.) $50
212-274-0428

Tribeca **Takahachi Tribeca***
145 Duane St. (bet. Church & W. Broadway) $35
212-571-1830

Tribeca **Zutto***
77 Hudson St (bet. Jay & Harrison St.) $40
212-233-8267

Soho

Soho **Blue Ribbon Sushi**
119 Sullivan St (bet. Spring & Prince St.) $51
212-343-0404

Soho **Hirohisa**
73 Thompson St (bet. Broome & Spring St.) $85
212-925-1613

Soho **Hiroko's Place**
75 Thompson St (bet. Broome & Spring St.) $15
212-625-1303

Soho **Omen**
113 Thompson St. (bet. Spring & Prince St.) $30
212-925-8923

Soho **Saan Soho***
210 6th Ave (at Prince St.) $20
212-807-7421

Brooklyn

Brooklyn **Samurai Papa**



The signature dish at Samurai Papa is their Buldakki Pork Belly Ramen. Rich, milky soup extracted from pork belly. First try it as is, then gradually add bonito flakes made here. The selection of side dishes and snacks is quite large and they are also open for lunch

32 Varet St (bet. Graham & Manhattan Ave) $20
718-599 7171

Brooklyn **1 or 8***
67 S 2nd St (bet. Wythe & Kent Ave) $32
718-384-2152

Brooklyn **Ani Sushi***
142 Montague St. (bet. Clinton & Henry St.) $15
718-923 1000

Brooklyn **Bozu**
296 Grand St. (bet. Havemeyer & Roebling St.) $30
718-384-7770

Brooklyn **Fushimi Japanese Cuisine**
9315 4th Ave (bet. 93rd & 94th St.) $40
718-833-7788

Brooklyn **Ganso**
25 Bond St. (at Livingston St.) $11
718-403-0300







Brooklyn	**Ganko***	
331 Flatbush Ave (bet. Park & Prospect Pl.) 718-638-0486		$25
Brooklyn	**Hiroo Japanese Restaurant**	
333 Henry St. (at Pacific St.) 718-852-5190		$35
Brooklyn	**Iroa Chef House**	
92 Clark St. (bet. Monroe Pl. & Henry St.) 718-858-8517		$15
Brooklyn	**IZAKAYA on SMITH**	
176 Smith St. (bet. Wyckoff & Warren St.) 718-855-2277		$20
Brooklyn	**Ki Sushi**	
122 Smith St. (bet. Dean & Pacific St.) 718-935-0575		$30
Brooklyn	**Mizu**	
192 Bedford Ave (bet. 6th St & 7th St.) 718-782-5900		$20
Brooklyn	**Noreto Ramen**	
276 5th Ave (bet. 1st & Garfield St.) 718-832-1111		$12
Brooklyn	**Okiway**	
1006 Flushing Ave (Wilson Ave & Noll St) 718-417-1091		$30
Brooklyn	**Osaka**	
272 Court St. (bet. Degraw & Kane St.) 718-643-0044		$30
Brooklyn	**Oshima Restaurant**	
71 7th Ave (bet. Berkeley & Lincoln Pl.) 718-783-1898		$25
Brooklyn	**OZU**	
78 Clark St. (bet. Hicks & Henry St.) 718-797 3288		$20

Brooklyn	**Ramen Satagaya***	
280 Bedford Ave (bet. Grand St. and N 1st St.) 718-218-9508		$15
Brooklyn	**Sakura 6**	
837 Manhattan Ave (bet. Calyer & Noble St.) 718-349-7988		$10
Brooklyn	**SALT + CHARCOAL**	
171 Grand St. (at Bedford Ave.) 718-782-2087		$30
Brooklyn	**Samaroi Papa BS**	
534 Lafayette Ave (bet. Nostrand & Marcy Ave.) 718-636-9181		$18
Brooklyn	**Sapporo Hare Japanese**	
622 Manhattan Ave (bet. Driggs & Nassau Ave.) 718-389-8721		$16
Brooklyn	**Sushi Katsuei**	
210 7th Ave (at 3rd St.) 718-788-5308		$35
Brooklyn	**Taaza**	
7116 18th Ave. (at 71st St.) 718-621-3238		$30
Brooklyn	**WASAN**	
440 Bergen St. (bet. 5th & Flatbush Ave.) 347 725-3550		$40
Brooklyn	**Zenkichi***	
77 N. 9th St. (bet. Berry St. & Wythe Ave.) 718-388-1985		$60
Brooklyn	**ZuZu Ramen**	
173 4th Ave (at Degraw St.) 718-398-3898		$20

* Chopsticks NY available to pick up

Queens

Queens	**Aji Japanese Cuisine**	
36-06 Ditmars Blvd, Astoria, NY 11105 718-777 9865		$20
Queens	**Ajisai Ramen***	
38-10 138th St 1st Fl Flushing NY 11354 718-395-8113		$16
Queens	**ARIYOSHI***	
41-13 Queens Blvd Sunnyside NY 11104 718-937-3288		$18
Queens	**Bistro 33**	
18-33 Ditmars Blvd Astoria, NY 11105 718-721-1933		$20
Queens	**Gimpachi***	
33-41 Francis Lewis Blvd. Bayside NY 718-539-3531		$30
Queens	**gowasabi***	
34-02 30th Ave Astoria NY 11103 718-204-7354		$23
Queens	**Hakata**	
37-02 Prince St. Flushing, NY 11354 718-321-0290		$13
Queens	**Hoshi Ramen & Izakaya***	
192 12 Northern Blvd Flushing NY 11358 718-224-2361		$12
Queens	**Hiroo Japanese Restaurant***	
10-70 Jackson Ave. Longisland City NY 11101 718-392-6190		$35
Queens	**Hinomaru Ramen**	
33-18 Ditmars Blvd Astoria NY 11105 347 782 2543		$15

Queens	**KATSUNO***	
109-01 Metropolitan Ave Forest Hills NY 718-575-4033		$35
Queens	**Konda Japanese Restaurant**	
23-13 Broadway Astoria NY 11106 347 917 1234		$40
Queens	**Kyoto Sushi**	
153-11 Union Tpk Flushing, NY 11354 718-380-7777		$25
Queens	**LINN Wafu Dining ***	
23-13 Broadway Astoria NY 11106 718-204-0080		$30
Queens	**Matsa Sushi**	
3411 30th Ave Astoria NY 11103 718-726-7026		$15
Queens	**Narita**	
107 06 70th Rd.Forest Hills, NY 11375 718-263-2393		$30
Queens	**Oishi Sushi**	
37-04 Ditmars Blvd. Astoria NY 11105 718-626-0508		$20
Queens	**Pink Nori***	
36-06 30th Ave Astoria NY 11103 718-985-2358		$30
Queens	**Ramen Okidoki***	
34-05 30th Ave Astoria NY 11103 718-806-1577		$15
Queens	**Shiro of Japan Atlas Pk**	
90-40 Cooper Ave. Glendale, NY 11385 718-326-8704		$20
Queens	**SUSHI ISLAND**	
97-18 Queens Blvd. Elmhurst, NY 11373 718-803-3033		$20







Queens **Sashi Yasa***
70-41 Austin St. Forest Hills NY 11375 $30
718-575-5198

Queens **Takesushi***
43-46 42nd St. Sunnyside NY 11104 $25
718-729-8253

Queens **Taado Sushi**
86-25 Fresh Pond Rd. Ridgewood NY 11385 $12
718-381-0609

Queens **Udea West**
13780 Northern Blvd Flushing NY 11354 $10
718-359-2324

Queens **Watawa Sushi***
33-10 Ditmars Blvd Astoria NY 11105 $28
718-545-9596

Long Island

Long Island **Restaarant Yamaguchi***



Since 1988, serving the locals authentic Japanese home cooking and fresh sushi. You will appreciate the authenticity and generous portions. Aside from the regular menu daily lunch specials and the Chef Special are popular among the local patrons
48 Main St. Port Washington NY 11050 $25
516-883-3500

Long Island **Benihana**
2105 Northern Blvd Manhassat NY 11030 $30
516-627-3400

Long Island **Baanhaaa**
920 Merchant's Concourse Westbury NY $30
516-222-8031

Long Island **Inatome Japanese Steak House***
9 Elm St Valley Stream NY 11581 $28
516-872-0415

Long Island **Isono**
214 Jericho Tpk Floral Park, NY 11001 $25
516-437-4552

Long Island **Kokeo Restaarant***
2016 Merrick Rd Merrick NY 11566 $30
516-223-9200

Long Island **Koiso**
540 Westbury Ave Carle Place NY 11514 $25
516-333-3434

Long Island **KuraBare***
479 New York Ave Huntington NY 11743 $30
631-673-0060

Long Island **Kurofuaa***
77 Commack Rd. Commack NY 11725 $20
631-499-1075

Long Island **Memae Restaerant***
1300 Franklin Ave Garden City NY 11530 $32
516-747-3988

Long Island **Nagashima**
12 A 1 Jericho Tpk. Jericho NY 11753 $25
516-338-0022

Long Island **Rock-e-Sake Port WA**
90 Main St. Port Washington NY 11050 $30
516-883-7253

Long Island **Sapporo**
3285 Merrick Rd. Wantagh, NY 11793 $18
516-785-3853

Long Island **Sea Restaerent***
23 Main St Sag Harbor NY 11963 $45
631-725-1774

Long Island **Shiro of Japaa***
401 Old Country Rd Carle Place NY 11514 $20
516-997-4770

Long Island **SUSHI ICHI**
700 N. Country Rd Setauket, NY 11733 $25
631-689-3111

Long Island **TAIKO Restaarent**
15 S. Village Ave. Rockville Ctr., NY 11570 $20
516-678-6148

Long Island **Take Sushi**
921 Carman Ave. Westbury NY 11590 $20
516-876-0033

Long Island **Tarigo**
196 Jericho Tpk. Floral Park NY 11001 $20
516-352-1116

Long Island **Yuki's Palette Too***
151 Merrick Ave. Merrick NY 11566 $25
516-867-8738

The Bronx

The Bronx **OHANA**
500 City Island Ave. Bronx, NY 10464 $35
718-885-0700

Westchester

Westchester **Asiae Tamptatiaa***
23 Mamaroneck Ave White Plains NY 10601 $25
914-328-5151

Westchester **Euro Asian Bistro**
30 Westchester Ave Port Chester NY 10573 $25
914-937-3980

Westchester **Gyu-Kake***
148 Main St. White Plains NY 10601 $40
914 358-5208

Westchester **Haika**
143 Mamaroneck Ave White Plains 10601 $25
914-644-2607

Westchester **Hajima***
247 Halstead Ave Harrison, NY 10528 $35
914-777-1543

Westchester **Ichiro**
80 Mamaroneck Ave White Plains NY 10601 $25
914-437-2588

Westchester **Kanto***
28 Palmer Ave. Bronxville NY 10708 $25
914 337-1298

Westchester **Karuta**
77 Quaker Ridge Rd. New Rochelle NY 10804 $15
914-636-6188

Westchester **Mokomiya**
51 Court St White Plains, NY 10601 $0
914-949-3712

Westchester **Momiji***
261 Halstead Ave Harrison, NY 10528 $25
914-835-1078

Westchester **Naease**
522 Mamaroneck Ave White Plains NY 10605 $50
914-285-5351

Westchester **Nishi**
473 Ashford Ave Ardsley NY 10502 $25
914-693-2500

Westchester **Nada***
200 Hamilton Ave. White Plains NY 10601 $25
914-948-0990

Westchester **Roc N Ramen 914***
15 Anderson St. New Rochelle NY 10801 $19
914-395-1189

Westchester **Sakaeaya Sushi**
14 North Central Ave Hartsdale NY 10530 $16
914-946-3065

Westchester **Sazaa Restaarent***
729 Saw Mill River Rd Ardsley NY 10502 $23
914-674-6015

Westchester **Tanto**
838 White Plains Rd. Scarsdale NY 10583 $10
914-725-5100

Westchester **Tsuru**
259 N. Central Ave Hartsdale NY 10530 $25
914-761-0057

Upstate

Upstate **Kiko Hoasu**
11 21 E. Washington Ave Pearl River NY $25
845-735-7985

Upstate **Matse Haea**
328 Route 59 Central Nyack NY 10960 $20
845-727-3935

Upstate **MT. FUJI Steak Hausa**
296 Old Route #17 Monticello NY 10901 $45
845-357-4270

Upstate **Sato**
739 Elmwood Ave Buffalo NY 14222 $20
716-931-9144

New Jersey

New Jersey **Ajiaei Princeton**
11 Chambers St. Princeton NJ 08542 $20
609-252-1158





New Jersey **Akai Sushi Lounge**
11 N Dean St Englewood NJ 07631 $18
201-541-0088

New Jersey **Aoyema**
1852 Washington Valley Rd Martinsville NJ $18
732-271-2558

New Jersey **Asahi Japanese**
1475 Bergen Blvd Fort Lee NJ 07024 $17
201-944-5113

New Jersey **Daimatsu**
950 Montana Ave Mountainside NJ 07092 $25
908-233-7488

New Jersey **East Japanese**
1405 Teaneck Rd Teaneck NJ 07666 $20
201-837-1260

New Jersey **Hachi Sushi**
56 Linwood Plz Fort Lee NJ 07024 $15
201-585-8558

New Jersey **Hashi Sushi & BBQ***
233 Broad Ave Leonia NJ 07605 $20
201-482-4358

New Jersey **Higo Batten Ramen***
2024 Center Ave #J & K Fort Lee NJ 07024 $15
201-461 5405

New Jersey **Honshu Lounge***
31 Montgomery St 2 Fl Jersey City NJ 07302 $25
201-324-2788

New Jersey **Ichi Umi Restaurant**
352 Menlo Park Dr Edison NJ 08837 $30
732-906-2370

New Jersey **ICHIBAN**
776 Bloomfield Ave W Caldwell NJ 07006 $22
973-906-7178

New Jersey **Josho Restaurant**
120 Cedar Grove Ln Somerset NJ 08873 $25
732-469-5366

New Jersey **Kaneme***
783 Palisade Ave Cliffside Park NJ 07010 $25
201-886-0080

New Jersey **KIKU**
365 Rt 17 S Paramus NJ 07652 $40
201 266-7200

New Jersey **Komegashi***
103 Montgomery St Jersey City NJ 07302 $25
201-433-4567

New Jersey **Komegashi too***
99 Town Sq Pl Jersey City NJ 07310 $30
201-533-1188

New Jersey **Kurohige ramen**
607 Gorge Rd Cliffside Park NJ 07010 $15
201 643-1003

New Jersey **Kyushu Sushi***
209 Paterson Ave Wallington NJ 07057 $25
973-773-7100

New Jersey **Mese Sushi & Grill**
81 W Allendale Ave Allendale NJ 07401 $30
201-934-6616

New Jersey **Menya Sandaime***
1938 Parker Ave Fort Lee NJ 07024 $10
201-482-4141

New Jersey **Monster Sushi***
355 Springfield Ave Summit NJ 07901 $25
908-636-1100

New Jersey **Nagoyaka Sushi***
1 Gateway Plaza W Newark, NJ 07102 $18
973-623-1180

New Jersey **Princeton Tomo Sushi**
236 Nassau St Princeton NJ 08542 $15
609-924-8478

New Jersey **Raku Izakaya**
209 Main St Fort Lee NJ 07024 $25
201-585-0707

New Jersey **Ramen Setagaya**
243 Main St Fort Lee NJ 07024 $13
201-585-0738

New Jersey **Sakura-bana**
43 Franklin Ave Ridgewood NJ 07450 $25
201-447-0525

New Jersey **Saetohke (Mitsuwa)**
595 River Rd Edgewater NJ 07020 $10
201-641-1004

New Jersey **Senuki Sendo (Mitsuwa)**
525 River Rd Edgewater NJ 07020 $10
201-941 3113

New Jersey **Sugi**
2117 Rt 4 E Fort Lee NJ 07024 $22
201-461 3100

New Jersey **Sushi Tango**
518 Jersey Ave Jersey City NJ 07302 $13
201-332-8300

New Jersey **TATSUMI**
1034 River Rd Edgewater NJ 07020 $25
201-969-0202

New Jersey **Teak On The Hudson**
15 Hudson Ct Hoboken NJ 07030 $30
201-653-7887

New Jersey **Tendo Sushi**
10 Schuyler Ave Kearny NJ 07032 $12
201-991-6681

New Jersey **Toya Restaurant**
495 Anderson Ave Cliffside Park NJ 07010 $20
201-617 5532

New Jersey **Yokitori 39**
252-254 Degraw Ave Teaneck NJ 07666 $39
201-692-0700

New Jersey **Yomagete Restaurant***
1936 Palisades Ave Fort Lee, NJ 07024 $25
201 585-0468

New Jersey **Yumi**
1120 Ocean Ave Sea Bright NJ 07760 $45
732 212-0081

CAFE

Upper West **Beard Pops Upper W.**
2167 Broadway (bet. 77th & 78th St.) Cream Puffs
212 799-3770

Midtown West **Cafe Zoya Midtown W.**
1073 6th Ave (bet. 40th & 41st St.) Bakery
212 764-7765

Midtown East **BentOn Cafe**
156 E 45th St (bet. 3rd & Lexington Ave.) Bakery
212 922-8788

Midtown East **Cafe Zoya Midtown E**
18 E 41 St (bet. Madison & 5th Ave.) Bakery
212 779-0800

Midtown East **IPPODO TEA**
125 E 39th St. (bet. Lex & Park Ave.) Japanese tea
212-370-0005

Midtown East **Minomoto Kitchoen**
509 Madison Ave (bet. 52nd & 53rd St.) Confec tionery
212-489-3747

West Village **Kulu Desserts**
123 W 3rd Street, New York, NY 10012 Desserts
212-598-0565

East Village **Cafe Zoya East Village**
60 Cooper Sq (bet. 7th St & St. Marks Pl.) Bakery
212 253-8700

East Village **Chikalicious**
203 E 10th St (bet. 1st & 2nd Ave.) Dessert Bar
212 475-0929

East Village **PANYA**
8 Stuyvesant St. (bet. 9th St. & 3rd Ave.) Bakery
212 777 1500

East Village **Spot Dessert Bar**
13 St. Marks Place NY 10003 Cakes
212-477-5670

Lower Mhn **Silk Cakes**
53 Ludlow St (bet. Grand & Hester St.) Cup Cakes
917-832-5851

Lower Mhn **Yaya Tea Garden**
61 Chrystie St (bet. Hester & Canal St.) Rice Balls
212 226-0803

Brooklyn **Baums Sho**
88 South 6th St NY 11249
347-599-1861

Brooklyn **Kulu Desserts**
806 92nd St Brooklyn, NY 11220 Desserts
718-680-2515

Brooklyn **Sweet Dynasty**
6410 8th Ave (bet. 64th & 65th St.) Ice cream
718-765-1868

Brooklyn **Yaya Tea Garden**
2320 86th St Brooklyn NY 11214 Cafe
718-333-3252

Queens **Kulu Desserts**
37-08 Prince St, Flushing, NY 11354 Desserts
718-886-3302

Queens **Resobox, Inc**
4126 27th Ave Long Island City, NY 11101 Cafe
718-784-3680

Queens **Silk Cakes**
94-14 Metropolitan Avenue Cup Cakes
718-830-3838

New Jersey **cafe KAI SWEETS**
595 River Road Edgewater NJ 07020 Desserts Cafe

New Jersey **Minomoto Kitchoen**
595 River Rd. Edgewater NJ 07020 Confec tionery
201-313-8335

New Jersey **Parisienne**
250 Main St Fort Lee NJ 07024 Bakery
201-585-4578

New York **BentOn Cafe**
123 William St (bet. Fulton & John St.) Cafe
212-608-5850

KARAOKE

East Village **Sing Sing (Ave A)***



Among the newest and trendiest restaurants on Avenue A, Sing Sing offers a bar lounge and 15 private rooms for karaoke. The low-key spot fits celebrities large party rooms are available for up to 30 people. OPEN 7 DAYS

81 Ave A (bet. 4th & 5th St.) $4-8/h per person
212-677-0700 www.karaokesingsing.com

East Village **Sing Sing (St. Marks)***

SING-SING KARAOKE ST MARKS

Conveniently located on St. Marks Street in the heart of the East Village, Sing Sing is a Karaoke lounge with 16 Private Rooms. This brand new lounge is a great spot for young adults who love to sing. OPEN 7 DAYS. Party@karaokesingsing.com

8 St. Marks Pl 2Fl (bet. 2nd & 3rd Ave.) $4-8/h per person
212-387 7800 www.karaokesingsing.com

Queens **Karaoke Shout**



120 000 songs in 16 different languages available 20 000 English songs. Also Hindi and Thai songs that are rarely available in the U.S. Your party will be much more exciting in the high-tech karaoke rooms! 10 private rooms are all equipped with LED lightings that change colors with each song. Enter songs using new IT touch system on the in-set screens and pools. Open 7 days. Check out our event calender on the web.

32-46 Steinway St Astoria NY 11103 $6/h person
718-569-0080 www.karaokeshout.com

Upper East **Iggy's**
1452 2nd Ave (bet. 75th & 76th St.) $1 /song
212-327 3043

Midtown West **Yuki 55***
253 W 55th St. (bet. Broadway & 8th Ave.) $9/h /person
212 765-1210

Midtown East **Box Sneck Riki**
141 E. 45th St. 2 Fl (bet. 3rd & Lexington Ave.) $6/h /person
212-986-5612

Midtown East **Japas 38**
8 E 38th St. (bet. Madison & 5th Ave.) $8/h /person
212-679-4040

Midtown East **Karaoke Duet 48***
304 E 48th St (bet. 1st & 2nd Ave.) $4/h /person
212 753-0030

Koreatown **Gogopa Karaoke**
28 W. 32nd St. (bet. 5th Ave. & Broadway) $30-/room
212-967 5353

Koreatown **Karaoke Duet 35***
53 W 35th St 2 Fl (bet. 5th & 6th Ave.) $4/h /person
646-473-0628

Koreatown **Moru Karaoke Lounge**
11 W 32nd St. (bet. W 32nd & 33rd St.) $40-/room
212 273-3413

Chelsea **Karaoke One 7**
29 W. 17th St (bet. 5th & 6th Ave.) $2/song $8/person
212-575-3527

Gramercy **Japas 27**
356 3rd Ave. (bet. 26th & 27th St.) $10 /person
212-685-2325

Gramercy **Music Story**
34 32nd St 5 Fl (bet. Park Ave S & Madison Ave.) $40 /room
212 594-4244

West Village **NEMO**
54 E 13th St (bet. B way & University Pl.) $8/h /person
212 477 1177

East Village **Planet Rose**
219 Ave A (bet. 13th & 14th St.) $2/song
212-353-9500

East Village **Karaoke Cave**
8 E 13th St. (bet. University Pl & 5th Ave.) $35-/room
646-250-5670

East Village **Second on Second**
27 2nd Ave (bet. 1st & 2nd St.) $30/h /room
212-473-2922

Lower Mhn **Mott Karaoke Lounge**
43 Mott St. (bet. Worth & Bayard St.) min $30 /room
212-693-0004

Brooklyn **100 Fun**
832 60th St. (bet. 9th Ave. & Fort Hamilton Pkwy.) $40/h /room
718-436-9883

Mixology Lab

As the summer heat tames and the nights get longer, we begin to crave a richer drink. Perfect for the transitional time from fresh to rich drinks, Takahiro Okada, sake sommelier of sakebar SHiGURE, introduced a cocktail using matured Iwai Whisky.



Iwai Whisky

Category: Blended whisky
Origin of production: Nagano Prefecture
Ingredients: corn whisky, malt whisky
Alcohol content (ABV): 40% **Bottle size:** 750 ml (24 oz)
Features. This whisky is inspired by great whiskies of America. A majority of corn balanced with light malt aged in exbourbon barrels. Ideal for daily sipping, in a mint julep or an old fashioned. Sweet with fruit flavors like pear, quince and hints of red fruits and vanilla.
Distillery: Mars Shinshu

Distributed by Tokiwa Imports (www.tokiwaimports.com)

Black Sweet IWAI

Cocktail recipe courtesy of: Takahiro Okada, sakebar SHiGURE

A number of Japanese whiskies are available now, allowing us to enjoy exploring spirits from the country of their craftsmanship. Mr. Takahiro Okada, owner and sake sommelier of sakebar SHiGURE, shares the recipe for a lovely cocktail that uses Iwai Whisky. By simply blending Iwai, kokuto (Japanese brown sugar) and vanilla beans and then maturing it, the cocktail is dangerously approachable. "I personally like to drink shochu with kokuto, and I wanted to replicate that fun way of drinking with whisky as well," says Mr. Okada. Iwai Whisky itself has a hint of vanilla, and by adding extra vanilla aroma the cocktail turns into an aphrodisiac. Make a bottle and mature it for as long as you can, and then you'll be able to enjoy it for even decades.







Ingredients: Yields 25 oz (750 ml)
❑ 22 oz Iwai Whisky ❑ 3 oz kokuto (Japanese brown sugar) ❑ 1 vanilla bean pod

Directions:
1. Add kokuto into 22 ounces of Iwai Whisky (To make 22 ounces, remove 3 ounces of the whisky from a 25 ounce whisky bottle)
2. Cut open a vanilla bean pod, and add the whole pod into the whisky and kokuto mix.
3. Age for at least 2 weeks

Mars Shinshu



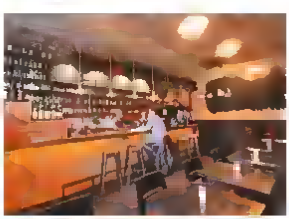
Situated between the north and south Japanese Alps, Mars Shinshu is Japan's highest whisky distillary at nearly 800 meters. The Hombo family has been distilling for more than a century, adding whisky to their repertoire in 1949 in Kagoshima. That was the southernmost whisky made in Japan until 1984, when all whisky production was moved to the current location in Nagano. Iwai Whisky and Iwai Tradition are the two brands available in the U.S.

4752-31 Miyada, Kamiina, Nagano Prefecture
399-4301 JAPAN
TEL: +1-81-265-85-0017
www.tokiwaimports.com/marsshinshu

sakebar SHiGURE

Located in the heart of Tribeca, it serves a unique selection of sake, shochu and Japanese beer along with original tapas dishes, attracting sake connoisseurs and novices alike since its opening in 2013. Veteran sake sommelier, Takahiro Okada (formerly of Decibel, En and Sushi Yasuda) curates the drink selection and warmly greets customers at the bar to inspire.

277 Church St., New York, NY 10013
TEL: 212-965-0200 | www.sakebar-shigure.com



SANGARIA

CHU-HI

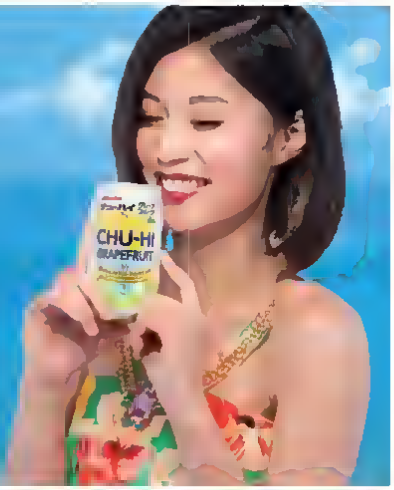
6% Alcohol

Drink Responsibly

Chu-Hi, the name comes from a combination of ShoChu and High-ball is a very popular cocktail in Japan. Chu-Hi is a clean, crisp and refreshing beverage that can be enjoyed anywhere at anytime!



Imported from JAPAN



Available at participating Grocery and Restaurants. Distributed by JFC INTERNATIONAL INC www.jfc.com

Presented by Hawaiian Airlines

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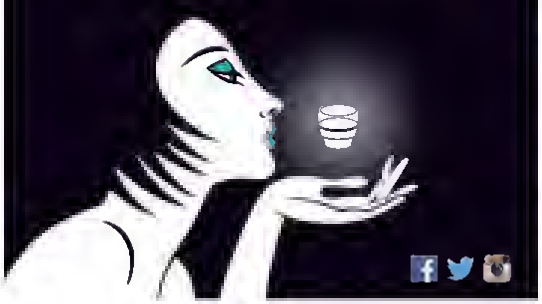
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FRIDAY, SEPT. 16, 2016 • 6:30PM–9:30PM

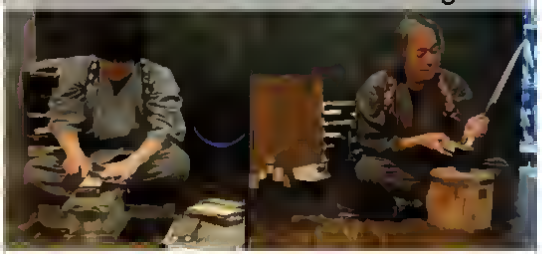
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KAWAII in New York

By Julia Szabo

Eye-Catching Eyegloss Frames



It's time for back-to-school scholars to strap on their spectacles! Eyeglasses are not just for nerds. Today's optical accessories are so cute and cool, even people who don't need prescription lenses are opting to wear them!

The three titans of Japanese fashion design - Yohji Yamamoto, Rei Kawakeubo (Comme des Garcons) and Issey Miyake - all produce eyewear. Matsuda, long admired for a timeless aesthetic, is practically synonymous with luxury glasses (www.matsudaeyewear.com). The Kenzo label, beloved for its sense of fun, is also found on eyeglass frames that are colorful and contemporary (find them at www.smartbuyglasses.com).

The Japanese appreciation for sensational spectacles is serious. Sabae City in Fukui Prefecture is a mecca of eyewear, world-renowned for meticulous craftsmanship. The London-based online retailer Archibald Optics collaborates with Fukui's Takumi (master craftsman) to produce rad, retro eyeglass frames that are a fashionable fusion of Japanese and British style. (Archibaldoptics.com)

Meanwhile, all the global fashion brands are following Japan's lead, offering optical collections with details that reflect their special style signature, from Tiffany to Tory Burch (both available at Lenscrafters. lenscrafters.com). Naturally, Tory's frames sport T's at the temples!

Did you know that the eyeglasses of many iconic American eyewear brands are the product of a brilliant Japanese mind? He's Blake Kuwahara, who designs eyewear collections for Coach, Converse, John Varvatos, and more. In addition to his own award-winning collections. (blakekuwahara.com)

In the market for less expensive frames that are long on style? Check out the budget-friendly options at Costco. Here's a tip. Kids' frames can look super cool on adults – especially the sleek styles by My Little Pony. Yes, My Little Pony – the adorable brand of cartoon horses famous for their "Cutie Marks" – now offers truly chic eyewear that is multi-generational, each style inspired by a different pony character ($49.99 at Costco Optical stores).



Julia Szabo Author and trend expert Julia Szabo has covered culture and style for *The New York Times*, *New York Post*, and *Vogue*, among others. Follow her on Instagram @GetDressedChangeTheWorld.
Illustration by Amenah Jones

Beauty Guide

Indicated prices are [illegible] for hair salons and recommended treatment price for spas.
© Coupon available at **www.chopsticksny.com**
★ Chopsticks NY available to pick up

HAIR SALON

Upper East — Tokuyama Salon*



With experience in the magazine's fashion shoots, Tokuyama's stylists bring out glamour and beauty suited to each customer. A glamorous makeover can be done in one visit. The salon's interior gives a sense of serenity with its antique decoration.

230 E. 53rd St. (bet. 2nd & 3rd Ave.) | $60-
646-605-8585 www.tokuyamasalon.com

Midtown East — RH Plus Salon*

RH+

Try the newest perm technology as from Japan: the Digital Hot Wave and the Digital Perm / Japanese Straightening Perm. Comb not on. First time clients will receive 10% off with coupon.

805 3rd Ave. 2 Fl. (bet. 49th & 50th St.) | $50-
212-644-8055 www.rhplussy.com

Chelsea — Cowlicks Japan*



Cowlicks offers a full range of services: styling, color, additioning treatments, perms, Japanese hair straightening and Shiatsu ($45-). In addition you can off-set your hectic day with relaxing bodywork done in a mellow environment.

137 W. 19th St. (bet. 6th & 7th Ave.) | $57
212-367-2123 cowlicksjapan.com

Chelsea — Tomoko Shima Hair Salon DT



$35 haircut with simple blowout always. Sometimes you find a business that is a gem, reminding you why you live in NYC. We provide unbeatable service, excellent prices and we reward our loyal clients. Please mention Chopsticks NY!

235 W. 14th St. #51 (bet. 7th & 8th Ave.) | $35-
646-438-3277 www.tomokoshima.com

East Village — REBIRTH*

Rebirth

The new Japanese beauty salon in the East Village employs veteran Japanese stylists whose work has been featured in fashion shows and magazines. Experience fine treatments and gain our customer service the Japanese way.

304 E. 8th St. (bet. Ave. B & C) | $60-
212-677-1742 www.rebirthny.com

East Village — SALON VIJIN*



Salon Vijin has reopened in the Lower East Side with a new passion to evolve to the latest hairstyles and design trends, providing even more sophisticated services and technology.

22 East 1st St. (bet. Bowery & 2nd Ave.) | $40-
212-994-0664 www.salonvijin.com

East Village — Yo-C Salon*



The owner stylist Yoshi utilizes funky & edgy styles of Tokyo, elegance of Paris and aggressiveness of NY styles and highlights individual customer's personality. A combination of Japanese Straight Perm and cut is $300 & up. Student discount available.

225 E. 5th St. (bet. 2nd & 3rd Ave.) | $75
212-529-0355 www.yo-csalon.com

Upper West — Hoshi Coupe III

2801 Broadway (at 108th St.) | $40-
212-663-0490

Upper East — BLU BOCKER

436 E. 75th St. (bet. 1st & York Ave.) | $55-
646-678-5318

Upper East — Michi*

208 E. 60th St. (bet. 2nd & 3rd Ave.) | $60-
212-752-0225

Upper East — Tomoko Shima Hair Salon*

171 E. 32nd St. (bet. Lexington & 3rd Ave.) | $80-
212-722-8828

Midtown West — Midoma Salon-Gallery

545 8th Ave. (bet. 37th & 38th St.) | $100-
917-432-2967

Midtown West — Mitzu Hair & Make-up

57 W. 57th St. #1204 (at 6th Ave.) | $135-
212-575-5369

Midtown East — Belea New York

239 E. 53rd St. (bet. 2nd & 3rd Ave.) | $60-
646-707-8059

Midtown East — Epi Salon

601 Madison Ave. 5 Fl. (bet. 57th & 58th St.) | $125-
212-838-3454

Midtown East — Hair Mates Midtown*

114 E. 40th St. (bet. Lexington & Park Ave.) | $55-
212-986-2639

Midtown East — Hazuki Hair

326 E. 53rd St. (bet. 1st & 2nd Ave.) | $30-
212-755-2623

Midtown East — Hisako Salon*

233 E. 50th St. (bet. 2nd & 3rd Ave.) | $60-
212-764-7540

Midtown East — Mingle/SOHO New York

141 E. 55th St. (bet. Lexington & 3rd Ave.) | $40- [SHINY]
212-758-2357

Midtown East — Momotaro*

22 E. 49th St. 2 Fl. (bet. Madison & 5th Ave.) | $70-
212-755-2352

Midtown East — Salon Ishi

70 E. 55th St. (bet. Park & Madison Ave.) | $67-
212-980-4744

Midtown East — Salon Kinya

8 E. 41st St. 2 Fl. (bet. 5th & Madison Ave.) | $85-
212-576-1117

Midtown East — Salon Wave

1025 2nd Ave. (at 54th St.) | $50-
212-355-7393

Midtown East — T-Gardens New York

32 E. 59th St. (bet. 1st & 2nd Ave.) | $70-
212-365-0105

Midtown East — VARTALI SALON

48 East 57th St. (bet. Park & Madison Ave.) | $95-
212-935-4640

Midtown East — YUKIE Hair & Nail Salon

40 E. 50th St. (bet. Park & Madison Ave.) | $40-
212-702-3660

Chelsea — Curvy Lashes & Hair

123 5th Ave. 2nd Fl. (bet. 19th & 20th St.) | $45-
347-623-2583

Chelsea	**Hisaka Salon***	
183 7th Ave (bet. 20th & 21st St.) 212-989-2233		$55-
Chelsea	**Hoshi Coapa I**	
259 W 19th St (bet. 7th & 8th Ave.) 212.255-0770		$50-
Chelsea	**KIWA Salon***	
234 W 27th St (bet. 7th & 8th Ave.) 212-620-3646		$55-
Chelsea	**Ranko's Hair & Makeup**	
256 W 15th St (bet 7th & 8th Ave.) 646-221-6317		$50-
Gramercy	**Hayato Seside Salon & Academy**	
125 E 23rd St. (bet. Park & Lex. Ave.) 3Fl 646-672-6924		$35-
Gramercy	**Hayato New York***	
126 E 23rd St. 2 Fl (bet. Lexington & Park Ave.) 212-673-7373		$70-
Gramercy	**Kee Shigamatsu**	
123 5th Ave. 2Fl (bet 19th & 20th St.) 646-234-1134		$70-
Gramercy	**Warran-Tricomi**	
125 5th Ave. (bet. 19th & 20th St.) 212-982-9490		$160-
West Village	**GARDEN**	
323 W. 11th St. (bet. Greenwich & Washington) 212-457 9303		$70-
West Village	**Hair Mada**	
476 6th Ave (bet. 11th & 12th St.) 646-398-6124		$50-
West Village	**SEI-TOMOKO W4**	
142 W. 4th St. (Washington Sq. Pk. & 6th Ave) 212-477 5475		$40-
East Village	**Diala***	
149 Ave. A (bet. 9th & 10th St.) 212 777 5252		$50-
East Village	**Hair by MIYU**	
204 E 9th St (bet. Cooper Sq. & 2nd Ave.) 917-405-8701		$65-
East Village	**Hair Data**	
326 Bowery (bet. 2nd & 3rd St.) 212-228-8391		$50-
East Village	**Hair Mates Downtown***	
13 3rd Ave. (bet. 7th & St. Marks Pl.) 212 777-4612		$45-
East Village	**Hoshi Coape II**	
214 E. 9th St. (bet. 2nd & 3rd Ave.) 212-505-0313		$40-
East Village	**i Salon***	
77 E. 10th St. (bet. 3rd & 4th Ave.) 212-505-0537		$45-
East Village	**K2 Salon**	
218 E. 10th St. (bet. 1st & 2nd Ave.) 212-260-5198		$65-
East Village	**KAMINDTECH**	
150 2nd Ave. (bet. 9th & 10th St.) 212-388-9342		$55-
East Village	**Kiyora Salon***	
15 E. 12th St. 2 Fl (6th Ave. & University Pl.) 212-414-4468		$60-
East Village	**Pirka Salon**	
233 E. 4th St. (bet. Ave. A & B) 212-473-8208		$60-
East Village	**Q Hair***	
13 Bleecker St. (bet. Bowery & Layfayette St.) 212-614-8725		$35-
East Village	**Redge Salon**	
263 E. 10th St. (bet. Ave. A & 1st Ave.) 212 777 3343		$45-

East Village	**SEI-TOMDKD 02**	
126 E 4th St. (bet. 1st & 2nd Ave.) 212-473-3320		$40-
East Village	**SEI-TOMOKO E13**	
240 E. 13th St. (bet. 2nd & 3rd Ave.) 212-533-6913		$40-
East Village	**Shizen**	
827 E. 6th St. (bet. Ave. B & C) 212 777 2128		$65-
East Village	**Takamichi Hair***	
283 Bowery St. (bet. Houston & Stanton St.) 212-420-7979		$120-
East Village	**Tokuyama Salon**	
827 E. 6th St. (bet. Ave. B & C) 212-260-7907		$60-
Lower Mhn	**Cocaro Salon**	
122 Ludlow St. (bet. Rivington & Delancey St.) 212-228-1300		$85-
Lower Mhn	**Hazuki Heir Downtown**	
102 Suffolk St. (bet. Delancey & Rivington Sts.) 212-228-3450		$40-
Lower Mhn	**Kanaka Salon**	
61 Clinton St. (bet. Rivington & Delancey St.) 212 260-3641		$40-
Tribeca	**Lotus Salon North Moore**	
34 North Moore St. (bet. Varick & Hudson St.) 212-219-3636		$30-
Tribeca	**Salon Masa**	
156 Sullivan St. (bet. Prince & Houston St.) 646-484-6033		$75-
Tribeca	**Tokuyomo Salon**	
34 N Moore St. (bet. Hudson & Varick St) 212-219-3636		$60-
Soho	**Lotus Salon Prince St**	
7 Prince St. (bet. Bowery & Elizabeth St.) 212-219-3293		$30-
Brooklyn	**Cocaro Salon***	
128 N 9th St (bet. 8th & 7th St.) 718-782 1188		$60-
Brooklyn	**Commune at Kresi***	
185 Roebling St. (bet. Grand & 51st St.) 718-384-7412		$50-
Westchester	**Akaee Salon**	
7 E. Hartsdale Ave Hartsdale NY 10530 914-948-0216		$55-
Westchester	**Hair Studio NAKA***	
257 Halstead Ave Harrison NY 10528 914-835-0045		$35-
Westchester	**Momotaro***	
2 Spencer Pl 2 Fl Scarsdale NY 10583 914-472-5057		$80-
Westchester	**Salon Susen**	
19 E. Hartsdale Ave Hartsdale NY 10530 914-948-7475		$40-
New Jersey	**Akaee Salon***	
2024 Center Ave Fort Lee NJ 07024 201-461-3844		$40-
New Jersey	**Katsuko Salon***	
2039 Lemoine Ave Ksmt. Fort Lee NJ 07024 201-585-9599		$50-
New Jersey	**Michi Beauty Salon**	
535 River Rd Edgewater NJ 07020 201-941-1088		$50-
New Jersey	**Salon Oasis***	
170 Main St Fort Lee NJ 07024 201-242-0164		$50-
New Jersey	**Tosh Hair Supreme***	
1550 Lemoine Ave Fort Lee NJ 07024 201-461 3637		$45-

Connecticut	**Hiro's Hair Salon***	
280 Railroad Ave Greenwich CT 06830 203-766-1620		$35-

SPA

Midtown West	**Purest Laser**	
25 W. 39th St. 8th Fl (bet. 5th & 6th St.) 212 302 0038		30 shots $45-
Midtown West	**Salon da Tokyo**	
200 W 57th St. #1304 (bet. 7th Ave & Broadway) 212-757 2187		$70-
Midtown West	**SHIZUKA New York**	
7 W 51st St. 6 Fl (bet. 5th & 6th Ave.) 212-644-7400		$65-
Midtown West	**Spa Karan NY**	
15 W 44th St 10 Fl (bet 5th & 6th Ave.) 212 729-3521		$80-
Midtown East	**Haaa Day Spa***	
201 E 60th St. (bet. 2nd & 3rd Ave.) 212 752 3223		$100.
Midtown East	**Herbal Fairy Wellness Spa**	
333 E. 49th St. (bet. 1st & 2nd Ave.) 212 268-3998		$80 /60min
Midtown East	**MDDNFLOWER SPA***	
6 E 41st St. 3 Fl (bet. Madison & 5th Ave.) 212-683-4725		$75-
Midtown East	**Spa Martier**	
1014 2nd Ave (bet. 53rd & 54th St.) 646-78th 3758		$40-
Koreatown	**Aura Wellness Spa**	
49 W 33rd St. (bet. 5th Ave & Broadway) 212-695-3555		$139

Koreatown	**YAK SDN HDUSE***	
36 W 32nd St. 801 (bet. Broadway & 5th Ave.) 212-564-7474		$150-
Chelsea	**Bling Lash**	
20 West 23rd St 2nd Fl (bet 5th & 6th Ave.) 646-589-6005		$120-
Chelsea	**Excy Laser Hair Removal***	
143 W 29th St (bet. 6th & 7th Ave.) 212 695-1555		$30
Chelsea	**Fabylous Living**	
145 W 28th St 9 Fl (bet. 6th & 7th Ave.) 212 279-0558		$100-
Chelsea	**Mist Baauty**	
145 W 28th St. 5 Fl (bet. 6th & 7th Ave.) 212-643-3447		$45
Chelsea	**New York Electrolysis**	
10 E. 23rd St. suite 220 (bet. 5th and Park Ave. 212-673-4358		$50
Gramercy	**RounGe NYC**	
201 E. 23rd St. (bet. 2nd & 3rd Ave.) 646-707-8504		$25
East Village	**TAMAGO Skincare**	
236 E. 13th St. (bet. 2nd & 3rd Ave.) 212 505-1560		$48
Lower Mhn	**Corona Beauty Center**	
121 Baxter St. (bet. Canal & Hester St.) 212-941 7116		$35
Lower Mhn	**Lucky Island**	
198 Mott St. (Broome & Grand St.) 212 226-8321		Nail Spa
Soho	**SPANAIL**	
120 Sullivan St. (Spring & Prince St.) 646-476-5271		Nail Spa



Master of Styling and Updos

TOSHITSUGU KUBOTA OF SALON WAVE

Please tell us about your background before joining the Salon Wave team

While I was attending beauty school in Japan, I started working in a salon. I also had a chance to work at USJ as a hair & makeup artist. After that, I moved to NY and started creating hairstyles for photo-shootings and fashion shows.

What are your signature services?

I enjoy and am good at styling, especially updo hairstyles. I can do any updo, but my specialty is updos for those wearing kimono. This updo is a little different from Western-style updos, and it needs to make a neckline look beautiful.

What do you keep in mind as a hairstylist?

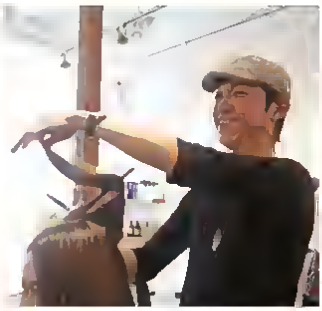
People's hairstyles and the condition of their hair are really important to them and can even affect their moods. So I try to understand what my customers really want—whether he or she wants to change his or her hairstyle or just wishes to relax with a hair treatment or has some particular hair concern, for example.

How do you do that?

The first verbal exchange with a client is very important. I can learn many things. I also always welcome my clients with a smile, which I believe shares a good, happy feeling.

Please share some tips for taking care of sun-demaged hair

A treatment is the main way to repair sun-damaged hair. Of course, I recommend a salon treatment, but you can also give yourself a treatment at home. Ideally, leave it for few minutes before rinse.





His smile is Toshis trademark. His happy mood makes his customers happy as well.

Salon Wave
1029 2nd Ave., (at 54th St.) New York, NY 10022
TEL. 212-355-7399 | www.salonwavenyc.com









Zodiac Zen

BY JULIA SZABO



Happy Birthday Virgo! Back-to-school time falls during Virgo Season (August 23 – September 22) and that's no accident. The perfectionist, disciplined, detail-oriented zodiac sign *Otome-za* is scholarly and loves learning. Always observing, analyzing, and thinking creatively, hard-working Virgos can seem like workaholics, but they're happiest when getting the job done efficiently! Famous Virgos: Automotive pioneer Eiji Toyoda, author Aya Koda, film director Shohei Imamura, architect Tadao Ando, conductor Seiji Ozawa.

Health Guide

Indicated prices are recommend treatment prices

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Upper West — Your True Self — 501 Summery Row (at Amsterdam Ave) | 212-873-4251 | $75 /60min

Midtown West — Osaka Health Spa 46 — 37 W 46th St. 3 Fl (bet 5th & 6th Ave) | 212-575-1303 | $120 /60min

Midtown West — Salon de Tokyo* — 200 W 57th St #1300 (at 7th Ave) | 212-757 2187 | $80 /60min

Midtown East — Grace NY LLC — 18 E 41st St. #2 (bet. Madison & 5th Ave) | 212-764-5151 | $85 /50min

Midtown East — Herbal Fairy Wellness Spa — 333 E 48th St. Lobby O (bet 1st & 2nd Ave) | 212-259-3598 | $80 /60min

Midtown East — iDo Holistic Center* — 22 E 49th St. 3rd Fl (bet Madison & 5th Ave) | 212-839-2800 | $50-

Midtown East — Kenkodo — 211 E 53rd St (bet 2nd & 3rd Ave) | 212-980-0088 | $80 /60min

Midtown East — Madison Healing Arts — 280 Madison Ave Suite 501 New York, NY 10016 | 866-758-2589 | Couples Massage

Chelsea — Cowlicks Japan* — 137 W 19th St (bet 6th & 7th Ave) | 212-367 2123 | $45 /30min

East Village — Kelsy — 223 E 9th St. 2 Fl (bet. 2nd & 3rd Ave) | 212-253-6171 | $45 /60min

Lower Manhattan — Health Trail CO — 23 Pell St 2 Fl (bet. Mott & Doyers St) | 212-608-2212 | $40 /60min

Lower Manhattan — Wicks Health Wellness Center & Med Spa — 34 Howard St 2 Fl (bet Broadway & Crosby St) | 212-625-9068 | $55 /60min

New Jersey — Endo Sentai Shiatsu NJ — 23 Kingsland St 2 Fl Nutley, NJ 07110 | 973-351 2935 | $90 /60min

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Midtown West — Kihu Medical Healthcare (Manhattan 44) — 15 W 44th St 10 Fl (bet 5th & 6th Ave) | 212-575-9310 | $60 & up

Midtown West — Vital Balance Healing Center — 241 W 37th St. #405 (bet. 7th & 8th Ave) | 212-470-3256 | $95 /60min

Midtown East — Acumed Center* — 150 E 58th St. #1C (bet 3rd & Lexington Ave) | 212-644-0877 | $80 /60min

Midtown East — Amy Nature Center — 137 E 47th St. 1 Fl (3rd & Lexington Ave) | 212 317 2720 | $80 /visit

Midtown East — Love & Compassion — 124 E 40th St 12th Fl (bet Lexington & Park Ave) | 212 242-1701 | $180 /120min

Chelsea — SuHn Natural Health — 1 Union Sq W #715 (at E 14th St) | 212-691-8281 | $80 /visit

Soho — Mushin Acupuncture — 50 Greene St 2fl (bet Broome & Grand St) | 347-725-7242 | $75 & up

Queens — Chen Gui — 133-47 Sanford Ave #1G Flushing, NY 11355 | 718-351 7222 | $80 /45min

Long Island — Kimura Acupuncture — 99 Hillside Ave Ste K Williston Park, NY 11596 | 516-742-1292 | $80/acu $40/ear

New Jersey — Dr. Hong — 6135 Bergenline Ave #3 West NY, NJ 07093 | 201-854 8488 | $70 /30min

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Upper East — Charles K. Loving Jr — 17 E 94th St. (bet 5th & Madison Ave) | 212-861-7373 | Cosmetic Surgery

Midtown West — Anshin Medical Health Care — 36 W 44th St. #303 (bet 5th & 6th Ave) | 212-730-8010 | General Clinic

Midtown West — Kihu Medical Healthcare (Manhattan 44) — 15 W 44th St. 10 Fl (bet 5th & 6th Ave) | 212-575-9310 | General Clinic

Midtown East — Hiruyo Fujiwaki PhD — 117 E 37th St. #1A (bet. Lex. & Park Ave.) | 212 286-2627 | Psychology st

Midtown East — iDo Holistic Center* — 22 E 49th St. 3rd Fl (bet Madison & 5th Ave) | 212-838-2800 | Herbal Medicine

Midtown East — Japanese Medical Practice — 55 E 34th St. 2 Fl (bet. Park & Madison Ave) | 212-683-2118 | General Clinic

Midtown East — Midtown Dental Group — 156 E 55th St. #301 (bet. Lex & 3rd Ave) | 212-759-5585 | Dentist

Midtown East — Mikn Hayashi, DPM, PC — 350 Lexington Ave. #501 (at 40th St) | 212-682-0043 | Foot&Ankle Podiatry

Midtown East — Morledge Medical — 150 E 58th St. 18Fl (at Lexington Ave) | 212 583-2830 | Clinic

Chelsea — Haruna Miyamoto SW — 364 W 14th St #3C (bet. 8th & 9th Ave) | 347-403-3508 | Social Worker

Gramercy — Astor Smile Dental — 181 3rd Ave. (at 17th St) | 212 254-0800 | Dentist

Gramercy — Heritage Wellness — 110 E 23rd St (bet Park & Lexington) | 908-392 3328 | Medicine

Queens — Herbal Healing Traditions — 30-18 30th Dr 2nd Fl Astoria, NY 11102 | 888-892-8228 | Chinese Medicine

New Jersey — Edgewater Family Care Center — 725 River Rd. #202, Edgewater, NJ 07020 | 201-943-4040 | General Clinic

New Jersey — Japanese Women's Center — 570 Palisade Ave #305 Teaneck, NJ 07666 | 201-747 2284 | OBGYN

New Jersey — New Jersey Clinic — 2231 Lemoines Ave Fort Lee, NJ 07024 | 201-344-1001 | OBGYN Gastro

CHIROPRACTIC

Upper East — Cucci Chiropractic — 131 E. 61st St. (bet. Park & Lexington) | 212-980-8332 | $100-/visit

Midtown East — Dr. Louis T. Calvano — 461 3rd Ave (bet. 32nd & 33rd St.) | 212 889-5480

Midtown East — Hurwitz Chiropractic — 15 E 40th St #901 (bet Madison & 5th Ave) | 212 360-8031 | $90 /visit

OTHER

Upper West — Gaia Holistic Health — 20 W 64th St #2A (bet. W 63rd & 64th St.) | 212 799-9711

Midtown East — Pilai Thai Massage — 211 E 43rd St (bet. 2nd & 3rd Ave) | 347-806-4251 | $100 /50min

Upstate — Body By Chizuru — 40 Memorial Hwy New Rochelle, NY 10801 | 917 595-3670 | Personal Trainer

New Jersey — Club Metro USA* — 1642 Schlosser St Fort Lee, NJ 07024 | 201 344-2725

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Beating Fatigue and Insomnia

When your body is overly exhausted it can be difficult to fall asleep. In that case drink hot celery soup. Cut 2 stalks of celery into pieces and put them into boiling water to make soup. Celery is believed to calm your nerves and the soup helps you go to sleep easily.

MONO-logue

"Mono" means "thing," "object," or "product" in Japanese, but it also implies that the thing has quality. In this corner, we introduce "mono" that characterize Japan's spirit of constant quality improvement.



Many Yaesu handhelds like the VX-8DR and VX-6 are submersible in water - great for the real world.



You may not be used to the thickness of a handheld radio anymore but they are sturdier than a cell phone and still lightweight.



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Vol. 62 - MONO of the month

Yaesu Radio

On the surface, it looks like we live in a digital world. Cellular service, WiFi, and Bluetooth dominate how our devices send and receive data, and we've left behind the once mighty chrome plated extendable antenna that caused us so much irritation. But analog radio is very much alive – with the ability to broadcast without reliance on cell towers and satellites, radio frequencies like FM and AM are still used by amateurs and professionals alike for communication. And Yaesu, one of the most popular HAM Radio makers has made its mark in the U.S. since the 1960's.

Founded in 1959 in Tokyo, Japan, as Yaesu Musen Co. Ltd., the company is the brainchild of Sako Hasegawa, a radio amateur who developed his own systems with the intent to sell them in Japan. But in a few short years, Yaesu was already being exported to and sold in Europe (under its own moniker as well as the Swiss company Sommerkamp). In 1965 Spectronics, Inc. began importing Yaesu radios to the U.S., and by the 1970's, Yaesu was a well-known brand in the amateur radio (aka ham radio) community. Today, run by son Jun Hasegawa, Yaesu is still among the top selling brands in the world.

Perhaps the most valuable aspect of ham radios like those made by Yaesu is the fact that they can broadcast and receive independently. So anyone with a transceiver, which can be as complex as a home theatre system or simple and small as a smartphone, can access broadcasts ranging from weather alerts to police communication, and amateur users. Why does this matter? Well, during a natural disaster, these types of radios will still work even if cell towers or cable networks become inaccessible. It's simply reliable. And the reach of radio waves is very well-known, signals can be picked up around the world and into space. So if you're in the wilderness, for example, it can be a valuable tool.

Yaesu's innovation in this field has been to continually find ways to make their technology more portable, more reliable, more self-contained. They were among the first to introduce all-in-one box that contained a solid-state transmitter, a receiver, as well as an amplifier. The Yaesu FT-101, introduced in 1970, is still even in use today. These days when we are constantly replacing our technology every year, it's amazing to consider this level of longevity and reliability. But Yaesu is still future-proofing themselves – now they are pioneering something called "System Fusion", which can distinguish between digital and analog signals, and switch accordingly.

For beginners, the FTM-3200DR is perhaps the best model to choose. It is powerful, but small enough for your desk, and features the System Fusion that receives both digital and analog signals. For those looking for something highly portable, the Yaesu FT2DR is an excellent choice. It has an easy to read screen, and can switch between several frequencies, both analog and digital. But remember, if you wish to broadcast over the radio, you will first need to register with the FCC.

So whether you are preparing for a zombie apocalypse, are just curious about what is being communicated over the airwaves, or just want to start a new hobby, the ham radio is an excellent candidate. And take a look at Yaesu, and see why they're considered to be among the best.

YAESU
www.yaesu.com

Shop Guide

The following is a list of shops where you can buy Japanese goods, services and art.

© Coupon available at **www.chopsticksny.com**

★ Chopsticks NY available to pick up

FASHION

Upper West — **Bit'z Kids***
410 Columbus Ave (bet. 79th & 80th St.) 212-724-1415 — Clothing

Upper East — **R by 45rpm**
17 E. 71st St. (bet. Madison & 5th Ave.) 212-737-5545 — Clothing

Upper East — **Seigo Accessories**
1242 Madison Ave. (bet. 89th & 90th St.) 212-534-0775 — Accessories

Upper East — **SEIGO NECKWEAR**
1248 Madison Ave. (bet. 89th & 90th St.) 212-987-0191 — Accessories

Midtown East — **Miki House**
1000 3rd Ave. (at Bloomingdale's) — Clothing

Midtown East — **Zero Halliburton**
300 Madison Ave. (at 42nd St.) 646-640-3600 — Accessories

Chelsea — **Junko Yoshioka**
224 5th Ave. 2 Fl. (bet. 25th & 26th St.) 212-206-0302 — Clothing

Gramercy — **Bradelis New York**
66 Madison Ave. (bet. 27th & 28th St.) 212-689-2223 — Lingerie

West Village — **Yamak**
321 1/2 Bleecker St. (bet. Christopher & Grove) 212-807-9100 — Clothing

East Village — **ARGOSY**
428 E. 9th St. (bet. Ave. A & 1st Ave.) 212-529-7911 — Clothing

East Village — **Patricia Field**
306 Bowery (bet. Huston & Bleecker St.) 212-966-4096 — Clothing

East Village — **Tokio 7**
83 E. 7th St. (bet. 1st & 2nd Ave.) 212-353-8443 — Clothing

East Village — **Tokyo Joe**
334 E. 11th St. (bet. 1st & 2nd Ave.) 212-473-0724 — Clothing

Tribeca — **Bit'z Kids Tribeca**
275 Greenwich St. (bet. Murray & Warren St.) 212-571-0903 — Clothing

Tribeca — **Mike Inatome**
93 Reade St. 2 Fl. (bet. 6th & 9th Ave.) 212-965-7777 — Clothing

Soho — **Arth**
75 W. Houston St. (Wooster & W. Broadway) 212-539-1431 — Accessories

Soho — **Bradelis New York**
211 Elizabeth St. (bet. Prince & Spring St.) 212-941-5625 — Lingerie

Soho — **Facial Index**
104 Grand St. (at Mercer St.) 646-613-1055 — Eyewear

Soho — **Mieko Mintz**
65 Thompson St. (bet. Spring & Broome St.) 212-627-1524 — Clothing

Soho — **R by 45rpm**
169 Mercer St. (bet. Prince & Houston St.) 917-237-0045 — Clothing

Soho — **Yohji Yamamoto**
103 Grand St. (at Mercer St.) 212-966-9069 — Clothing

Queens — **Bradelis New York**
135-20 39th Ave #HL 213 Flushing, NY 11354 718-353-1345 — Lingerie

New Jersey — **Miki House**
400 Hackensack Ave. Hackensack, NJ 07601 — Clothing

J-POP CULTURE

Upper East — **Ebisu Gift Shop**
351 82nd St. (bet. 1st & 2nd Ave.) 646-257-7162 — Toy

Midtown West — **Book Off***
48 W. 45th St. (bet. 5th & 6th Ave.) 212-575-1410 — Book

Midtown West — **Kinokuniya Bookstore**
1073 6th Ave. (bet. 40th & 41st St.) 212-869-1700 — Book

Midtown West — **Midnight USA**
35 W. 43rd St. 2 Fl. (bet. 5th & 6th Ave.) 212-221-0502 — Video Rental

Midtown West — **Midtown Comics***
200 W. 40th St. (at 7th Ave.) 212-302-8192 — Manga

Midtown East — **JHU Comic Books**
32 E.32nd St. (bet. Park & Madison Ave.) 212-263-7089 — Manga

Midtown East — **Midtown Comics***
459 Lexington Ave. (at 46th St.) 212-302-8192 — Manga

Chelsea — **Cosmic Comics**
10 E. 23rd St. 2 Fl. (bet. Madison & 5th Ave.) 212-460-5322 — Manga

Chelsea — **Image Anime***
242 W. 30th St. (bet. 7th & 8th Ave.) 212-631-0966 — Anime

West Village — **AC Gears**
63 E. 8th St. (bet. Broadway & University Pl.) 212-260-2285 — J Goods

East Village — **Forbidden Planet**
832 Broadway (bet. 12 & 13th St.) 212-473-1576 — Toy

East Village — **St. Marks Comics**
11 St. Marks Pl. (bet. 2nd & 3rd Ave.) 212-598-8438 — Manga

East Village — **Sunrise Mart**
4 Stuyvesant St. (bet. 3rd Ave. & 9th St.) 212-598-3040 — Video Rental

East Village — **Toy Tokyo**
51 2nd Ave. (bet. 5th & 6th St.) 212-473-5424 — Toy

East Village — **Video Games New York**
202 E. 6th St. (at 3rd Ave.) 212-539-1035 — J Goods

Soho — **kidrobot**
118 Prince St. (bet. Greene & Wooster St.) 212-966-7488 — Toy

Soho — **Sunrise Mart, Soho**
494 Broome St. (W. Broadway & Wooster St.) 212-219-0033 — Video Rental

Queens — **Anime Castle***
35-32 Union St. Flushing, NY 11354 347-436-1298 — Anime

Long Island — **Anime Castle**
77 Searing Ave. Mineola, NY 11501 516-214-4464 — Anime

New Jersey — **Gundam Planet**
544 10th St. Palisades Park, NJ 07650 201-944-5305 — Toy

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Midtown West — **Kimono New York**
1410 Broadway #2615 (bet. 38th & 39th St.) 212-869-8700 — Kimono

Midtown East — **Minamoto Kitchoen***
509 Madison Ave. (bet. 52nd & 53rd St.) 212-493-3747 — Confectionery

Midtown East — **Precious Pieces**
5 Tudor City Pl. (bet. 40th & 41st St.) 212-682-8505 — Parchment

Chelsea — **KYOTOYA**
23 W. 15th St. (bet. 5th & 6th Ave.) 212-414-0720 — General

East Village — **Mokeri**
97 3rd Ave. (bet. 12th & 13th St.) 212-995-5868 — Antique/General

Soho — **Kimono House**
131 Thompson St. (bet. Prince & Houston) 212-505-0232 — Kimono

Brooklyn — **J+B Design**
300 7th St. (bet. 4th & 5th Ave.) — General

New Jersey — **Mars New York**
505 River Rd. Edgewater, NJ 07020 201-945-1134 — General

Pennsylvania — **Morihata International**
421 N. 13th St. #2C Philadelphia, PA 19123 215-238-1328 — General

Japan — **Japan Square**
www.japansquare.com — General

Online — **Wuhao New York**
www.wuhaonyc.com 212-231-9162 — Towel

GALLERY

Midtown East — **Ronin Gallery***
425 Madison Ave. (at 49th St.) 212-486-0168 — Gallery

Chelsea — **Annex Art Gallery**
529 W 20th St. (bet. 9th & 10th Ave.) 212-727-8030 — Gallery

Chelsea — **NYCoo Gallery**
1133 Broadway #335 (bet. 25th & 26th St.) 212-390-1148 — Gallery

Chelsea — **Onishi Gallery**
521 W. 27th St. (bet. 10th & 11th Ave.) 212-695-8035 — Gallery

Lower Mhn — **gallery onetwentyeight**
128 Rivington St. (bet. Norfolk & Essex St.) 212-674-0244 — Gallery

Queens — **Gallery Gee**
47-09 36th St. Long Island City, NY 11101 718-392-7717 — Gallery

OTHER

Midtown West — **Toho Shoji N.Y.***
980 8th Ave. (bet. 56th & 57th St.) 212-968-7465 — Jewelry Supply

Midtown West — **ZIPANGU Showroom**
1410 Broadway #2611 (bet. 38th & 39th St.) 212-869-0500 — Other Goods

Midtown East — **IPPODO TEA**
125 E. 39th St. (bet. Lex & Park Ave.) 212-370-0605 — Other Goods

Gramercy — **Hanneri**
20-24 E. 20th St. (bet. Park & Broadway) 212-475-7484 — Other Goods

West Village — **McNulty's Tea & Coffee***
109 Christopher St. (bet. Hudson & Bleecker Sts.) 212-242-5351 — Other Goods

Lower Mhn — **The Mandarin's Tea Room**
21 Howard St. #201 (Lafayette & Broadway) 917-767-1091 — Other Goods

New Jersey — **Nippon Auto Leasing**
2050 Center Ave. Suite 575 Fort Lee, NJ 07024 201-500-9000 — Other Goods

Online — **IKI Japan**
www.ikijapan.com 650-580-5764 — Other Goods

Online — **LUPICIA Fresh Tea**
www.lupicausa.com 866-574-4832 — Other Goods

HOUSEHOLD GOODS

Upper East — **Sara Japanese Pottery***
950 Lexington Ave. (bet. 69th & 70th St.) 212-772-3243

Midtown East — **Japanese Culinary Center**
711 3rd Ave. (at 45th St.) 212-661-3333

Tribeca — **Korin***
57 Warren St. (bet. Church St & W. Broadway) 212-587-7021

Queens — **Setto New York***
4126 27th Street, Long Island City, NY 11101 718-472-5413

New Jersey — **Kitchenware Central**
1535 Lemoine Ave. Fort Lee, NJ 07024 201-886-0003



HANAMAKI AND TONO – Journey into Fantasies

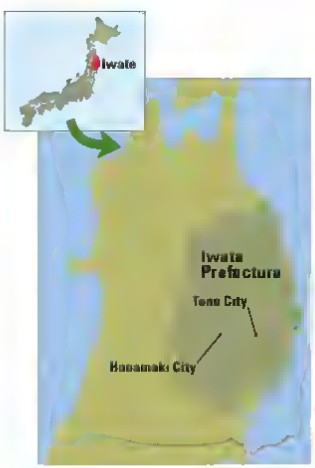
During the o-bon (Bon Festival that honors the spirits of one's ancestor) season in August, Japanese people believed that their ancestors' spirits visit them, meaning that there are many spirits hang out in this world of living. After the season is over, spirits go back to their world of the dead, according to the custom. However, there are places where spirits are present all year around. This month, we set our sights on **Tono City** and **Hanamaki City** in Iwate Prefecture that are believed to be the home of folklore and fantasies in Japan.

Located in the mid-western part of the prefecture, Tono City is considered to be a cradle for folktales. It is nestled deep within beautiful scenery, which many believe to be the hiding spots of the ancient spirits and monsters to this day. There are many folktales in which those strange and lovable creatures appear—those creatures are known to play harmless pranks and can sometimes be seen by guests who visit the house.

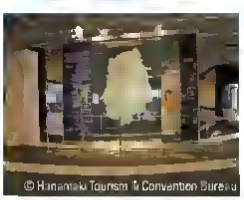
Make sure to visit the **Kappa-Buchi Pool**, believed to be the home of the mischievous kappa, one of the most famous supernatural creatures in Japan. Also recommended are **Chiba no Magariya** (a 200 years old farmhouse), **Tono Furusato Village** and **Danshoso** to explore the spirituality in the area. But just when you enter the idyllic countryside, it feels like you are about to have a spiritual experience where you encounter a fairy or monster.

Hanamaki City, neighboring to Tono City, is notable for being the birthplace and home of **Kenji Miyazawa**, an author of children's stories, fantasies and poems, including his globally recognizable works, *Night on the Galactic Railroad* and *Ame ni mo Makezu*. Kenji is not simply a writer, but also an agricultural scientist who envisioned IHATOV, a utopian world. The natural surroundings of Hanamaki City inspired him to create those works, which are known as one of the first fantasies in Japan—even before Hayao Miyazaki, living animation legend.

The city itself is like a theme park embodying Kenji's world, and even if you are not familiar not with Kenji's works, you can enjoy its fantastic elements. They are best showcased in the **Miyazawa Kenji Dowa Mura**, where visitors can learn about and experience the world as Kenji portrayed it in his stories. Also, be sure to visit the **Miyazawa Kenji Memorial Museum**, which introduces all of Kenji's accomplishments in literature, education, and agriculture. There are many shops and restaurants offering Kenji-related items, foods and souvenir. It would be wonderful to get comfortably lost in the spiritual world in Tono and Hanamaki.




© Iwate Prefecture


© Hanamaki Tourism & Convention Bureau

▲Idyllic environment in Tono makes you feel that you have a spiritual connection to fairies and imaginary creatures hidden in the nature

◀Immerse yourself in the Kenji universe at the Miyazawa Kenji Memorial Museum in Hanamaki

FANTASIES AND FOLKLORES BORN IN HANAMAKI AND TONO

***Night on the Galactic Railroad (Milky Way Railroad, Night on the Milky Way Railway)* by Kenji Miyazawa**

This tale follows a boy named Giovanni and his friend, Campanella, while they travel by train on the Milky Way and meet unusual travelers who seemed to have crossed into the afterlife. After traveling for quite some time, Giovanni eventually finds himself lying on top of a hill only to find out that the train ride was just a dream.



***Matasaburo of the Wind* by Kenji Miyazawa**

One windy day, a mysterious boy is transferred to an elementary school in a small village. Due to his attire and demeanor unusual to the village boys, the new student, Saburo Takeda, sticks out among his fellow classmates like a sore thumb. The children start to think that Saburo is "a wind sprite." Chaos starts to stir in the village because of Saburo's existence and behavior, but he leaves the village in the end, only leaving strange feelings in village boys' mind.

***The Restaurant of Many Orders* by Kenji Miyazawa**

Two arrogant hunters in Japan come across a restaurant deep inside the forest. Tired and hungry, they give into the restaurant's tempting offer of food and relaxation, following the restaurant's strange instructions to rub salt and cream on themselves. The hunters have become the 'Hunted' and they don't realize this until they are almost cooked! Eventually, the two men return to Tokyo, with a permanent expression of fear on their faces.

***Tono Monogatari* by Kunio Yanagita**

Tono Monogatari or Tale of Tono is a collection of folklores that originated from Tono City. The book includes stories with Kappa (water spirits told in children stories), kitsune (fox spirits that can shape shift), Zashiki Warashi (silly good luck spirits) and mountain men. These stories poetically depict unique parts of Tono's culture.

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JAPAN POP QUIZ

This image is the outline of a prefecture in Japan
Which prefecture is it?



1. Fukui Prefecture
2. Yamagata Prefecture
3. Kochi Prefecture
4. Kanagawa Prefecture

The World Heritage Sites of Japan

SACRED SITES AND PILGRIMAGE ROUTES IN THE KII MOUNTAIN RANGE

(Recognized by UNESCO in 2004)

The Kii Mountains stretch over three prefectures- Mie, Nara and Wakayama and the three sacred sites in the area are connected by pilgrimage routes that lead to the ancient capitals of Nara and Kyoto. One of the three sacred sites, the Yoshino and Omine area has steep mountains and serves as the sacred center of Shugendo, the Japanese religion that combines Shintoism, Buddhism, Taoism, and mountain worship. Another site, Kumano Sanzan, is the head shrine of 3,000 shrines known as the Kumano Jinja Shrines. Koya-san, another site, is the deep forest where Kongobu-ji Temple, the head temple of Shingonshu, is situated. The World Heritage Sites bear exceptional testimony to the development of Japan's religious culture over one thousand years.

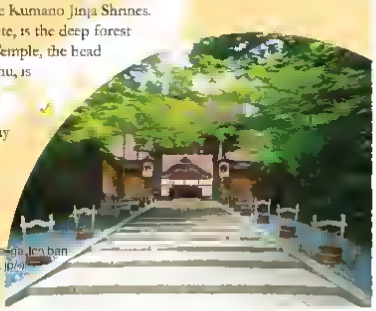


Photo courtesy of Herwega Ichiban (http://herwega-ichiban.jp/)

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- 既可以作为主菜,也是下酒菜的好选择!
- 无味精,添加剂,放进小孩便当里也很安心!
- 可用微波炉轻松做成!

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- 无任何味精,请放心食用

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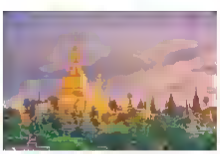
P. 46 **Asian Beauty + Health**



Power of Scents

Fragrance is deeply embedded in cultures in Asian countries in many forms. Chopsticks NY visited Fragrance Shop New York in the East Village and chatted with Ms. Lalita Kumut from Thailand, pioneer of customized fragrance in New York City.

P. 48 **Asian Travel**



© Sean Pavone/Shutterstock.com

Myanmar

Even adventurous travelers have stayed away from Myanmar due to its political situation for decades, but the country is now revealing its beautiful, holy and spiritual sides to the world, attracting many avid tourists.

P. 49 **Asian Restaurant Review**



© Gina Rao

Blu Orchid Thai Kitchen

Traditional Thai cuisine is accentuated by the Western essence in Blu Orchid. Dishes, beautifully and meticulously prepared by veteran Chef Mukda Sakulclanuwat are worth traveling to Queens.

BRINGING HAPPINESS VIA THE GIFT OF SCENT



Many Asian countries have a rich legacy of scent-based practices such as incense, thanks to a natural climate with many aromatic flowers. Thailand boasts jasmine flowers that are collected, put in water and used for prays or offering. In India there is sandalwood, a tree with fragrant timber that yields a lovely smell.

Fragrance Shop, an East Village specialty store which highlights scents from all Asian countries and all over the world, has been run by Ms. Lalita Kumut for the last 24 years. Her interest in this field began with formative childhood encounters with fragrances growing up in Thailand. She can remember how her grandmother's lip balm made from beeswax smelled, as well as other scents such as sandalwood, amber and honey.

Her impetus to begin creating her own scents was receiving one she loved from someone, but not being able to replace it. From this need she made it herself, and began making special mixes for clients. Her process involves not only asking them what scents they like, but other things such as their birth month, what they like to eat and their family structure. Based on the information Kumut receives, she creates a customized fragrance and keeps the recipe on file. She describes her mission as "making people happy with the magic of scent."

There are 75 testers from which customers can see what scents they like. Typically a custom scent will combine about four different types, and Kumut describes the process as similar to songwriting. First you have the lyrics and then you add instruments to create different notes. Creating a scent incorporates the same concept of adding layers, and even has the same idea of "notes."

As for aromatherapy, Fragrance Shop displays about 60 essential oils, such as orange, which is good for relaxation and helps relieve anxiety, and rose and ylang ylang which are for aphrodisiac. These scents are very strong, but since they are natural they also disappear quickly. Aromatherapy is popular in Asian countries such as Thailand and India where flowers are plentiful, and here in New York Kumut has also found a faithful clientele. For incense, a variety of scents are available, such as green tea and pine from Japan and real bamboo from Thailand.

Kumut explains that the appropriate scents change with the seasons, like how light and citrusy scents are better for hotter months, and spicy and sexy scents work well in the cooler fall. In between these two seasons, a soft flower like orchid or jasmine combined with sandalwood would be best, and neroli is most suited for going into winter. Many scents can be enjoyed year-round as well, such as vanilla with which you can never go wrong. Happy scent hunting!



Kumut at work creating one of her signature scents. She blends several together to create the perfect blend tailored for each customer!

Fragrance Shop New York

Fragrance specialty shop founded by Thailand-born aroma master Lalita Kumut has been rooted in the East Village for nearly a quarter of a century. Known for her customized perfume, she has numerous loyal customers including movie stars and fashion icons worldwide. The shop carries not only perfume but also a variety of items related to fragrance from incense, soap, body lotion, massage oil to bath salts.

Fragrance Shop New York
65 E. 4th St. (bet. 2nd Ave. & Bowery), New York, NY 10003
TEL. 212 254-8950 | www.fragranceshopnewyork.com





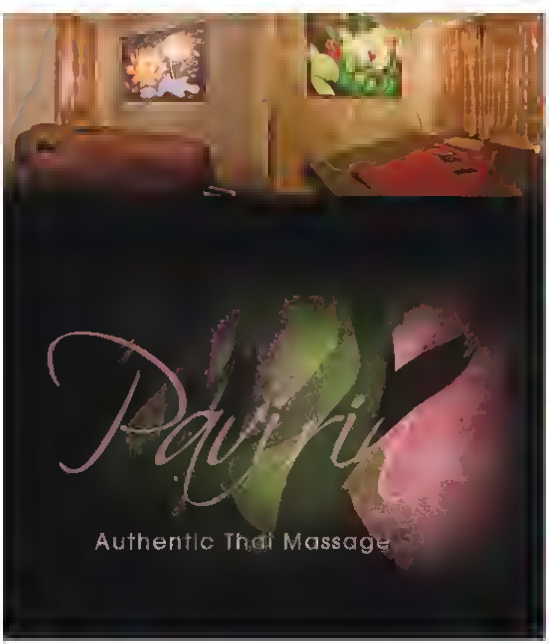
There are more than 50 essential oils for aromatherapy. You can definitely find what you want.



In addition to customized perfume and fragrance oils, they carry incense from many countries: one from Thailand (left) and above from Japan (boxed items).









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BUCKET LIST ASIA TRAVEL: A SPIRITUAL JOURNEY IN MYANMAR



As the world gets smaller, it can be easy to imagine that with just a little effort, you can get anywhere. While that is true to some extent, there are still countries that still require much more planning, much more consideration prior to making that commitment. Myanmar is one of these places – beautiful, full of rich history and nature, but with a political climate that is not easy to navigate. But for the traveler who is engaged with both the treasures and the challenges of the world, this is certainly a destination to remember.

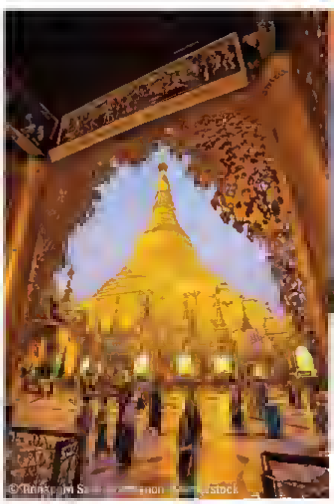
Myanmar is located lies on the Bay of Bengal and Andaman Sea coast with Bangladesh and India to the west, China to the north, and Laos and Thailand to the east. The climate is tropical, with a hot season (March-April) that can climb into the high 90s, and a 'cool' season (November – February) where highs are just under 90.

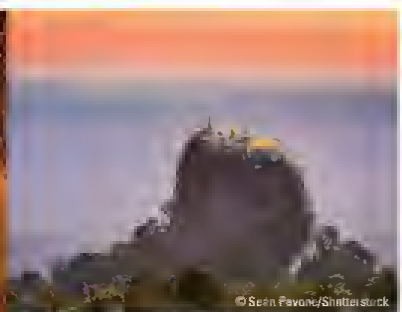
A Spiritual Journey. While modern Myanmar is still going through the growing pains of modernism, the core of the country is very spiritual, and thus its best attractions are Buddhist temples. Fly into **Yangon** in the southern lowlands and you'll see ornate and active Buddhist sites like the **Shwedagon Pagoda**, and the **Reclining Buddha Pagoda**, home to a 230-foot statue. In central Myanmar, you'll most likely end up in **Bagan**, which was the capital of the first Myanmar Empire and today is the home of countless archaeological sites. Survey the landscape here, and you'll see over 2000 historical ruins – pagodas, temples, and more.

Southeast Asian Sophistication. With its bustling modern population, the former capital city of **Yangon** (formerly Rangoon) in particular is a great place to start, as well as call home base. The blend of pagodas, colonial architecture, tree-lined streets and new construction creates a unique atmosphere. Take a stroll through the streets and outdoor markets and food stalls, to buy local woodcrafts and lacquerware. Food stalls feature deep fried fare, as well as food influenced by nearby India, Thailand, and China. The city's dining scene is also brimming with international cuisine that begs to be explored, and, of course, there is a bustling nightlife.

A Developing Nation. The infrastructure of the country, most notably the roads and transportation networks, is behind that of most other Southeast Asian countries. However, it is possible to get around by plane, ferry, buses, and cars, and there are increasing options that range from the cheap to the luxury. The same goes for lodging – from hotels to resorts, there is something for every wallet. Also, be aware that the country runs mainly on cash, which means you should also pay extra attention to safety. But more and more ATMs are cropping up every day, and major hotels and businesses will certainly accept credit cards.

We're Just Getting Started. Beyond cities and historical sites, Myanmar also features endless nature, from the coast to the highlands. With so much history and beauty around every corner, we will return for a more in depth focus of Myanmar in the near future – keep checking back to see where we go next.





▲ Tsang Kalat Monastery on Mt. Popa is a pilgrimage site located in Central Myanmar.

◀ Awe-inspiring view of Shwedagon Pagoda in Yangon. It is the most sacred Buddhist pagoda in the country, and visitors are required to dress appropriately, meaning no shorts, no flip flops.

How to Get to Myanmar

There are no direct flights from the U.S. to Myanmar, so travelers will have to connect in cities like Bangkok, Seoul and Hong Kong. Yangon International Airport is located to the south, and closer to the coast; Mandalay International Airport is in the center of the country. All visitors must apply for a VISA, which is available electronically on the website of The Ministry of Labor, Immigration, and Population (http://evisa.moip.gov.mm/). At this time, a Tourist Visa allows a stay of up to 28 days, while a Business Visa allows for 70.

SUMMERTIME THAI

BLU ORCHID THAI KITCHEN

Want to spice up your Thai food cravings in a unique way? At Blu Orchid in Sunnyside, Queens, forward-thinking Chef Mukda Sakulclanuwat continues to build on the traditional Thai cooking she grew up with. She's managed to apply Western techniques (like sous vide) to traditional dishes and put Thai spins on European classics (Duck Confit) to fill out one of the most creative menus on this side of the East River. It is also one of the few places where you'll get a chance to eat the exceptionally nutritious, anti-oxidant rich Riceberry rice, which is just the tip of the iceberg at a place where high quality ingredients and healthy eating is front-and-center.

In order to cool off from the heat, make sure to start with a *Thai Ice Tea or Ice Coffee*, which never loses its flavor thanks to frozen tea and coffee ice cubes. And then dive into tasty treats like the perfectly cooked, crispy and tender *Fried Calamari*. Then head to the *Forbidden Rice Risotto* or the *Thai Saffron Rice Pilaf*, which are beautifully seasoned and not heavy handed. The *Thai Duck Confit* is a must, as is the *Rolling Chicken*, which uses the aforementioned sous vide technique to produce a succulent bird that you'll never forget. Familiar staples like *Pad Thai*, *Drunken Noodle*, and *Massaman Curry* also get some Chef Mukda flair that takes them to a whole new level. But it's all on you to save room for the wonderful desserts. Don't forget to come for brunch, especially if you're tired of the same old – this will open your eyes to a whole new way of starting your weekend adventures.

Blu Orchid Thai Kitchen
45-04 Queens Blvd. Sunnyside, NY 11104
TEL. 917-832-6588 | bluorchidthaikitchen.com | Mon-Sun: 11:30 am–11 pm



The *Issan Local Platter* and *Thai Saffron Rice Pilaf* are as beautiful as they are delicious



Make sure to order their take on Mango Sticky Rice





Chef Mukda's food will make you smile too



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Other Asian Restaurant Guide

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Dilia's — $15
2705 Broadway (bet. 103rd & 104th St.)
212-932-3300

Shun Lea West — $35
43 W 65th St (bet. Central Park W & Columbus Ave.)
212-595-8585

Cafe Evergreen — $30
1307 1st Ave. (bet. 73rd & 74th St.)
212 744-3266

Philippa — $45
33 E 60th St. (bet. Park & Madison Ave.)
212-644-8585

Pig Heaven — $15
1420 3rd Ave (bet. 80th & 81st St.)
212 744-4333

Szechaan Gourmet — $25
1395 2nd Ave. (at 73rd. St.)
212 737 1838

Wa Jeal Sichuan Chili House — $25
1580 2nd Ave. (bet. 82nd & 83rd St.)
212-396-3335

China Grill — $65
60 W 53rd St. (bet. 5th & 6th Ave.)
212-333-7788

Tang Pavilion — $25
65 W 55th St (bet. 5th & 6th Ave.)
212-956-6888

Wa Liang Ya — $25
36 W 48th St. (bet. 5th & 6th Ave.)
212-398-2308

Grand Sichaan — $20
1045 2nd Ave (bet. 55th & 56th St.)
212-355-5055

Hunan Bistro — $25
96 3rd Ave (bet. 12th & 13th St.)
212-388-8855

Hunan Manor — $30
339 Lexington Ave (near 40th St.)
212-682 2393

Land of Plenty — $20
204 E 58th St
212-309-4789

Lychee House — $20
141 E 55th St (bet. 3rd & Lexington Ave.)
212 753-3300

Phaanix Gardan — $20
242 E 40th St (bet. 2nd & 3rd Ave.)
212-983-6966

The Cottage* — $12
33 Irving Place (at 16th St.)
212-505-8500

Dumpling Man* — $11
100 St Marks Pl (bet. 1st Ave. & Ave A)
212-505-2121

Xi'an Famous Foods — $20
14 E. 34th St. (bet. 5th Ave & Madison Ave.)
212-216-2968

Biang! — $15
157 2nd Ave. (at 10th St.)
718-690-7713

Bing Kitchen — $15
71 Orchard St. (bet. Grand and Broome)
212-219-1307

Buddha Bodai — $0
77 Mulberry St (bet. Bayard & Canal St.)
212-233-2921

Golden Unicorn* — $20
18 E. Broadway (bet. Market & Catherine St.)
212-941-0911

Hopa Lea — $16
16 Mott Street (near Mosco St)
212 962-6475

Shanghai Cuisine* — $25
8 Bayard St (at Mulberry St.)
212-732-8988

Shu Han Ju — $20
465 Ave. of the Americas (at 11th St.)
212-429-8800

Wo Hop — $20
17 Mott St. (bet. Mosco St & Chatham Sq.)
212-962-8617

East Wind Snack Shop* — $11
471 16th St. Brooklyn, NY 11215
929-295-0188

Himalayan Yak Restaarant — $15
73-20 Roosevelt Ave. Jackson Heights, NY 11372
718-779-1179

Fantasy Cuisine — $17
20 N Central Ave. Hartsdale, NY 10530
914-358-3048

KOREAN

BarnJaa — $20
34 W 35th St. (bet. Herald Square & 5th Ave.)
212-564-4430

Don's Bogam* — $40
17 E. 32nd St. (bet. Madison & 5th Ave.)
212-683-2200

HAN BAT* — $15
53 W 36th St (bet. 5th & 6th Ave.)
212-729-5588

HANGAWI — $40
12 E. 32nd St (bet. 5th & Madison Ave.)
212-213-0077

Hyo Dong Gak* — $20
51 W 35th St. (bet. 5th & 6th Ave.)
212-695-7167

Jongro BBQ — $30
22 W 32nd St. 2nd Fl (bet. 5th Ave. & Broadway)
212-473-2233

Madangsui* — $30
35 W 36th St (bet. 5th & 6th Ave.)
212-594-9333

Naw Wonjo — $20
23 W 32nd St (bet. Broadway & 5th Ave.)
212-695-5815

Seoul Gardan — $20
34 W 32nd St. (bet. 5th Ave. & Broadway)
212 736-9002

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212 244-1115

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199 Grand St (bet. Driggs & Bedford Ave.)
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144 Main St. Fort Lee, NJ 07024
201-592 0450

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1430 Bergen Blvd. Fort Lee, NJ 07024
201-956-9697

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485 Main St. Fort Lee, NJ 07024
201 242 1333

Gammeeok — $17
110 Broad Ave. Palisades Park, NJ 07650
201-945-5300

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2013 Lemoine Ave. Fort Lee, NJ 07024
201 592 0900

PoongLim* — $20
2053 Lemoine Ave. Fort Lee, NJ 07024
201-344-4656

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130 Main St. Fort Lee, NJ 07024
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Land Thai Kitchen — $15
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212 501-8121

Long Grain — $22
2534 Broadway (at 95th St.)
212-666-0808

Spica — $25
875 Amsterdam Ave (at 95th St.)
212-444-4168

Spice — $25
435 Amsterdam Ave (bet. 81st & 82nd St.)
212 362-5661

Up Thai — $20
1411 2nd Ave (bet. 73rd & 74th St.)
212 256-1199

@NINE — $18
592 9th Ave (bet. 42nd & 43rd St.)
212-265-4458

Esnahan — $18
750 9th Ave (bet. 50th & 51st St.)
212 315-0555

Kara Thai — $20
752 10th Ave. (bet. 51st St & 52nd St.)
212 765-7900

Noodles* — $12
830 9th Ave. (bet. W 54th & 55th St.)
646-768-7828

Pongsri Thai* — $25
244 W 48th St (bet. Broadway & 8th Ave.)
212 582 3392

Pura Thai Cookhousa — $13
766 9th Ave. #2 (bet. 51st & 52nd St.)
212 581 0995

Vynl — $20
766 9th Ave. (51st St.)
212-971-2003

Wondea Siam — $20
762 9th Ave. (bet. 52nd & 53rd St.)
212 459-9057

Yam Yum 3* — $15
958 9th Ave. (at 46th St.)
212-956-0415

Yum Yum Bangkok* — $15
850 9th Ave (bet. 45th & 46th St.)
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212-582-3392

Midtown West **Yam Yam Toa***
922 9th Ave (at 58th St) $20
212-247 2228

Midtown East **A+ Thai Place***
1007 2nd Ave (bet 53rd & 54th St.) $15
212-207-6006

Midtown East **Maison Thai**
825 2nd Ave (bet. 34th & 35th St) $20
646-330-2085

Chelsea **SONGKRAN**
330 9th Ave (bet. 26th & 27th St) $8
212-233-8782

Chelsea **Spice**
236 8th Ave (bet. 22nd & 23 d St) $25
212-620-4585

Chelsea **Thai Sliders**
160 9th Ave. (bet. 17th &18th St.) $25
212-675-0080

Gramercy **Baagkok 2 Thai***
341 1st Ave (bet. 20th & 21st St.) $14
212-473-4410

Gramercy **THAINY***
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212-683-2888

Gramercy **Taoa Thai Cafe***
435 Park Ave S (bet. 29th & 30th St) $25
212-644-8900

West Village **Tea Thai Food**
3 Greenwich Ave (bet. 7th Ave & Ave of Americas) $20
212-929-9888

East Village **Lut's Thai Food**
128 E. 7th St $18
646-863-0310

East Village **Somtum Der**
85 Avenue A (bet. 5th & 6th St.) $15
212-260-8570

Lower Mhn **Beanie's Thai Cafe**
88 Fulton Street (at Gold St) $15
212-587-8830

Lower Mhn **Ga Ga Thai**
144 W 19th St $15
212-929-9898

Lower Mhn **Lantera Thai**
311 2nd Ave. (bet. 18th & 19th St) $25
212-777 2770

Lower Mh **Nonking Express**
63 W 14th St (at Union Sq.) $10
212-242-2462

Lower Mhn **Ngam**
96 3rd Ave (bet. 12th & 13th St.) $20
212-777-8424

Lower Mhn **Ona Mora Thai**
8 Clinton St (bet. Houston & Stanton St) $15
212-228-8858

Lower Mhn **Spice**
71 1st Ave (bet. 4th & 5th St.) $25
212-253-2742

Lower Mhn **Sticky Rice**
85 Orchard St. (bet. Grand & Broome St) $15
212-274-0208

Lower Mhn **Zah Elee**
75 2nd Ave (bet. 4th & 5th St) $15
212-505-9833

Soho **Lan Larb SoHo**
227 Centre St (bet. Lafayette & Grand St) $15
646-495-9264

Soho **Noodle Bar NYC**
26 Carmine St (near Bleecker St) $15
212-524-6900

Brooklyn **Chai Thai Kitchen***
124 N 6th St. (at Berry St) $16
718-599-5988

Brooklyn **Skylce**
63 5th Ave (at St Marks Ave) $15
718-230-0910

Brooklyn **Spice**
81A 7th Ave $20
718-622-6353

Brooklyn **Spice**
193 Smith St $20
718-722-7971

Queens **Bla Orchid Thai Kitchen**
4504 Queens Blvd NY (bet. 45th & 46th St) $15
917-832-6668

Queens **Spice**
4745 Vernon Blvd. $20
718-392-7898

New Jersey **Absolute Thai Hamemade**
844 Anderson Ave Cliffside Park, NJ 07010 $13
201-941-2290

VIETNAMESE

Upper West **Saigaetta**
835 Columbus Ave (at 106th St.) $18
212-866-8886

Kips Bay **PHO32 & SHABU***
2 W 32nd St (bet. 5th Ave & Broadway) $20
212-695-0998

West Village **Saigoa Market**
53 University Pl (bet. 11th & 12th St) $25
212-982 3901

Lower Mhtn **New Te Do**
102 Bowery St. (bet. Hester & Grand St) $12
212-966-2648

Lower Mhn **Nha Traag Ona**
87 Baxter St. (bet. Bayard & Canal St.) $15
212-233-5848

Lower Mhn **Peris Restaurant***
213 Grand St (bet. Elizabeth & Mott St) $5
212 226-3620

Soho **Ba Cha Phe**
222 Lafayette St. (near Spring St.) $25
646-882-1488

OTHER

Upper East **Amber***
1406 3rd Ave (at 80th St.) $25
212-744-5020

Upper East **Gorden Court Cafe**
725 Park Ave (70th & 71th St) $20
212-570-5202

Midtown West **Aasra Asiaa Bistro**
235 W 35th St. (near 7th Ave.) $15
212-629-5498

Midtown West **KOA Restaurant**
12 W 21st St. (bet. 5th & 6th Ave.) $20
212-284-5736

Midtown West **Mooncake Foods**
358 W 54th St. (on 9th Ave) $15
212-262-5988

Midtown West **VYNL**
754 9th Ave. (bet. 50th & 51th St.) $25
212-974-2003

Midtown East **Fusha Asiaa Cuisine**
1095 1st Ave (at 58th St.) $35
212-752-8883

Midtown East **Jazz at Kitano**
The Kitano Hotel 66 Park Ave (at 38th St.) $35
212-885-7123

Gramercy **Qi Asian Eatery**
31 W 14th St. (bet. 5th & 6th Ave.) $18
212-929-9917

East Village **Fread House**
370 9th Ave (bet. 28th St & 29th St) $22
212 388-1838

East Village **Love Momak**
174 2nd Ave (bet. 11th & 12 St) $18
212-254-2468

East Village **Prime & Bayoad New York**
90 E 10th St. (bet. 3rd & 4th Ave.) $35
212-505-0033

Lower Mhn **10 Below (Ice Creem)**
10 Mott St (bet. Worth st & Chatham Sq.) $7
212-965-1330

Lower Mhn **Aax Epices**
121 Baxter St (bet. Canal & Hester St.) $20
212-271-1505

Lower Mhn **Eggloo**
90 Mulberry St (bet. Mosco St & Bayard St.) $8
xxx xxx xxxx

Lower Mhn **Laut**
15 E 17th St. (bet. Union Sq. & Broadway) $15
211-209-8309

Lower Mhn **LuAnne's Wild Ginger**
360 Broome St. (near Mulberry St.) $18
212-966-1983

Lower Mh **Pig and Khao**
68 Clinton St. (near Rivington St.) $20
212-920-4405

Lower Mhn **Yushi**
250 Vesey St. 4 World Financial Center $12
212-742-2150

Tribeca **Kho-ye**
157 Duane St (bet. Hudson St. & W Broadway) $30
212-587 1088

Brooklyn **Blue Ribboa Brasserie**
280 5th Ave (bet. 1st St & Garfield Pl.) $55
718-840-0404

Brooklyn **Kiwiana**
347 Union St. Brooklyn NY 11215 $35
718-230-3992

Brooklyn **Pokito**
155 South Side 4th St. (bet. Rodney & Driggs) $20
917 388-1542

Brooklyn **Purple Yom**
1314 Cortelyou Rd. (bet. Argyle & Rugby Rd.) $30
718-940-8188

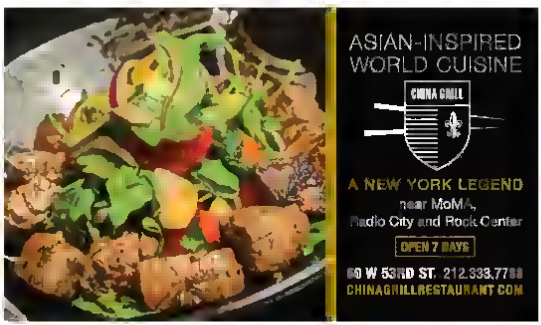
Queens **CBaa***
79-20 Grand Ave Maspeth NY $10
718-456-1838

Long Island **TOKU**
2014C Northern Blvd Manhasset, NY 11030 $55
516-627-8658

New Jersey **AOZORA Restaarant**
407 Bloomfield Ave Montclair NJ 07042 $30
973-233-5400

New Jersey **Bings Bergers**
249 Main St Fort Lee NJ 07024 $10
201 592-7454

New Jersey **the tea bar**
1630 Palisade Ave. #4 Fort Lee NJ 07024 $10
201 944-3102





CHOJURO IMAFUJI
Nagauta Shamisen Concert
Japanese Traditional Music



DATE | **Monday, September 19th**
7:30pm (DOORS OPEN **7:00pm**)

VENUE **Weill Recital Hall**
at CARNEGIE HALL
154 West 57th Street, NYC 10019-3210

TICKET PRICE **$60 & $40**

RESERVATIONS **www.carnegiehall.org**
CarnegieCharge 212-247-7800
Box office at 57th and Seventh

FOR MORE INFORMATION
TKO Entertainment, Inc 347-256-4107
toshicappuccino@gmail.com



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#chopsticksny

9th Annual
第9回 風の環コンサート

Circle Wind Concert
Charity Concert to Support Victims of Kumamoto / Oita Earthquake

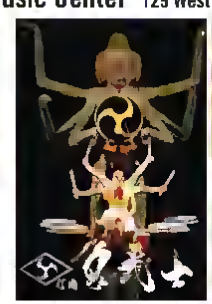
September 11, 2016 (Sun) 4:00PM
Doors open at 3:30PM
Admission: $10

Merkin Concert Hall at Kaufman Music Center
129 West 67th St. (bet. Broadway & Amsterdam Ave) New York, NY 10023

Featuring a leading Japanese drum group, Wild Samurai "Nobushi (野武士)" from Fukuoka and a junior drum group, Hitoyoshi Nebuka Taiko (人吉ねぶか 太鼓) from Kumamoto, Japan.



Also a newly formed
Circle Wind Boys & Girls Choir
will make a debut!











Tickets: www.kaufmanmusiccenter.org or Merkin Concert Hall Box Office (212)501-3330
Inquiry: Kazenowa911 blog6 fc2 com
Japan choral harmony@gmail.com
mike s@mushroomwisdom com

Presented by 9/11 Circle Wind Memorial Concert, NPO under IRS 501(c)(3)

Sponsors. The Nippon Club, Japan Cha[illegible]ito En (North America), [illegible] Buddhist Council of New York, New York Japanese-American Lions Club, New York Shuyu Ika

Entertainment Event / Leisure

Exhibition

September 15-17 FREE

'Eisuke s Choice" Ceramic Art Exhibition

Sara Japanese Pottery



Eisuke Matsui second generation president of 40 year old Tokyo tableware store Utsuwa Honada, will be presenting the works of his five favorite, popular Japanese ceramic artists at Sara Japanese Pottery The exhibition will feature the artists Shin Murata who makes blue and white porcelain Kan Kishino and Takashi Yomiya who work with stoneware, Kazuhiko Kudo who creates white and yellow slipware, and Yuichi Yukinoura who uses ash glaze An opening reception on Sept 15 will kick things off.

Location: 950 Lexington Ave., (bet E. 69th & E. 70th Sts.)
New York, NY 10021 / TEL. 212-772 3243 / www.saranyc.com

September 15-30 FREE

Home Away From Home XII: Group Art Exhibition

The Alumni Association of Tama Art University NY Club

Established in 2003 the Alumni Association of Tama Art University NY Club has over a hundred members mostly living in the NY Tri State area The organization will have an annual exhibition Home Away From Home XII at the Tenri Gallery This year twenty six members will participate in this exhibition Opening reception will be held on Sept. 15 from 6 8 pm.

Location: Tenri Gallery
43A W 13th St., (bet 5th & 6th Aves.), New York NY 10011
Info: www.tenriny.com

Performance

September 11

9th Annual Circle Wind Concert

9 11 Circle Wind Memorial Concert



The 9th annual Circle Wind Concert will be held at Kaufman Music Center as a requiem for 9/11 and a charity concert to support the victims of the Kumamoto/Oita Earthquake Performers will include the Fukuoka drum group Nobushi Kumamoto s Hitoyoshi Nobuka Taiko the Circle Wind Boys & Girls Choir the Ayako Shirasaki Jazz Trio Brown University s Bear Necessities and Japan Choral Harmony "Tomo" Admission is $10, and Chopsticks NY offers 5 tickets to readers To enter the sweepstakes, send an email to Adsales@trandpot.com with a title "Wind" by Sept. 4

Location: Merkin Concert Hall at Kaufman Music Center
129 W. 67th St., (Broadway & Amsterdam Ave.), New York, NY 10023
TEL. 212-501-3330 / www.kaufmanmusiccenter.org

Event

September 9

Nippon Club Sake Social

The Nippon Club

In this sake tasing event, 12 kuramoto (sake breweries) from nationwide Japan will showcase their premium sake Hors d'oeuvres prepared by Nippon Club chefs will be served for pairing with the craft sakes Reservations are required

Location: 145 W. 57th St., New York, (bet. 6th & 7th Aves.), NY 10019
TEL. 212-581 2223
reservationassist@nipponclub.org

September 5-17

Discover Gifu Flavors - The Heartland of Japan

Focus U S A

During the month of September several NY Japanese restaurants will be offering special menus with the theme of food and sake from Gifu Prefecture From the 5th-9th during dinnertime hours, Sakagura Sake Bar Decibel Hi-Collar, Hasaki and Sobaya will have special menus allowing you to sample over ten Gifu sake brands From the 6th-8th on Ippudo Westside's second floor customers can enjoy a special ramen lunch that incorporates two types of Gifu soy sauce for its soup served in a special Mino Yaki ceramic bowl At Sake Bar Ippudo on the first floor, Gifu sake will be featured at dinnertime From the 8th 16th at FN Japanese Brasserie over ten types of Gifu sake as well as Hida beef (a variety of premium wagyu beef from Gifu) will be offered at dinner There will be a free sake tasting of 27 brands at lunch on the 10th including ones not yet carried in the U S Brewers from Gifu will

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Happenings Feature

Hakkaisan "Eight Peaks" Clear Miso Ramen Special at Hakkaisan Day

Ippudo Westside



Aug. 8 is known as Hakkaisan Day as Hakkaisan is a Niigata sake brewery whose name means "Eight Peaks." To commemorate this Ippudo's Ramen Master Fumihiro Kanegae crafted a ramen inspired by Hakkaisan sake The broth was made with this sake and the chashu topping was marinated in sake lees imported directly from Hakkaisan This year Kanegae debuted a miso-flavored ramen with a clear soup and it came paired with a small glass of Hakkaisan sake In addition Sake Bar Ippudo featured a special selection of Hakkaisan sakes A raffle was held each hour for Hakkaisan sake ramen customers who had a chance to win a Hakkaisan sake cup as a gift for joining the event

Location: 321 W. 51st St., (bet. 8th & 9th Aves.)
New York, NY 10019
TEL. 212-974 2500 / www.ippudony.com

also be on hand so this is a truly unique opportunity to experience the tastes of Gifu
Info: www.feelgifujapan.com

September 14
Sample Language Session
Rennert International



Rennert International's language sampler event allows curious New Yorkers to experience short lessons in "Introduction to Japanese Kanji" "French Pronunciation" and "Spanish Conversation" They will offer the three class sessions throughout the event, where participants can take all of them or choose one or two to their interest Each session lasts 25 minutes and classes provide a sample of what the real lesson can teach to its students Topics pertain to reoccurring subjects that a student may study in actual classes For those who would like to apply for the new semester, Rennert International offers a 20% discount on tuition prices and also there will be a raffle to win a $50 off coupon for tuition Light refreshments will also be available
211 E. 43rd St., 19th Fl., (bet. 2nd & 3rd Aves.), New York, NY 10017
TEL: 212 867 8700 / www.rennert.com

September 16
11th Annual Sake Tasting
The Joy of Sake



The Joy of Sake returns for its 11th annual celebration hosting the largest sake tasting outside of Japan There will be 408 premium labels from every part of Japan paired with sake appetizers from New York's finest restaurants There will also be samples from gold and silver award winning daiginjo ginjo, and junmai varieties that are not available in the U S Tickets are available to purchase online
Location: Metropolitan Pavilion
125 W. 18th St., (bet. 6th & 7th Aves.), New York, NY 10011
www.joyofsake.com

September 17
Speed Dating Event
MeetJapanLady.com



MeetJapanLady.com is a matchmaking company that helps professional Japanese women and Western men form relationships under the guidance of matchmaker Naoko Matsumoto It is hosting a speed-dating event for professional men and women in two different groups separated by age To participate please register at the MeetJapanLady website
Info: www.meetjapanlady.com/nyc

September 24
23rd Annual Japanese Food & Restaurant Expo
New York Mutual Trading



The New York Mutual Trading Company, since 1926, has introduced and distributed Japanese food and kitchen items in the United States by working directly with Japanese suppliers Every fall the company hosts the Japanese Food & Restaurant Expo to exhibit and premier products from various food and beverage industries from Japan This year there will be 110 exhibitors, giving the attendees the opportunity to test new kitchen products, sample a variety of food and beverages, and learn from informative demos To attend, registration is required at the official website Industry people only All attendees must be 17 years or older
Location: Metropolitan Pavilion
125 W. 18th St., (bet. 6th & 7th Aves.), New York, NY 10011
TEL: 212 661 3333 / www.nymtc.com

September 26
Free Observation Lesson for Japanese Lessons
Tenri Cultural Institute of New York



Tenri Cultural Institute is a non-profit organization that teaches Japanese language and culture to its students They currently offer an opportunity to observe a Japanese lesson for free before actually applying for the class Also, those who actually apply for the class will enjoy free registration (Reg $30) Both offers are valid through the end of the year To make an appointment for the observation lesson call or email Tenri
Location: 43A W. 13th St., (bet 5th & 6th Aves.), New York, NY 10011
TEL: 212 645-2800 / tcl@tenri.org / www.tenri.org

Happenings Feature

"Chackathon" Premiering on the East Coast
ITO EN



On Saturday, July 30th, an all-day Chackathon took place at Chakura, an event space on the top floor of the East Village Japanese café Cha An. This event was produced by ITO EN and Nifty and featured 30 participants and it was held to commemorate the official opening of this space in September It was the first event of its kind held on the East Coast, and its name came from the combination of "cha," which is Japanese for tea and what ITO EN produces and "hack-a-thon." It was designed to be a place where discussion could take place while enjoying tea The event's theme was "How to Enrich New Yorkers' Lives via Green Tea," and the five teams exchanged creative ideas while sampling bantos from restaurant Sakagura and sweets from Cha An as well as a variety of teas from Ito En At the end, each group gave a presentation on the theme and were awarded prizes by guest judges
Location: Chakura
230 E. 9th St 3rd Fl., (bet 2nd & 3rd Aves.), New York, NY 10003
Info: ITO EN
www.itoen.com

Happenings Feature

Introducing Japanese Craft Confectionaries at Chefs & Champagne®
Shunkado



The 130-year old confectionary manufacturer, Shunkado famous for its Unagipie pastries participated for the first time in this year's Chefs & Champagne® This is an annual event sponsored by the James Beard Foundation and this year it was held on July 23 at the Wolffer Estate Vineyard The menu provided for this event was developed by owner/chef Matt Lambert of the Michelin-star winning restaurant The Musket Room by using products from Shunkado's new sweets brands Gokokuya and Conen He created three types of canapes to serve to guests as finger food including one that combined rice crackers with tuna sashimi and a wafer cake using foie gras Gokokuya's concept is "delicious sweets made with Japanese wisdom," and this brand employs artisans called "shokunin" who create homemade sweets that utilize Japan's ancient fermentation culture and five grains Conen is a pastry brand whose crunchy creations charm gourmands all throughout Japan
www.shunkado.co.jp/language/en/

September 29 FREE

Singapore Literature Festival

Asia Society

From Sept. 28 – Oct. 1 the Singapore Literature Festival will take place at various locations in New York City to bring Singaporean authors and American writers together for in-depth conversations about Singapore's politics and culture expressed through literature. As part of the festival the Asia Society on Sept. 29 will host book readings and discussions with Singapore's award-winning novelists, Gina Apostol, Jessica Hagedorn, Alfian Sa'at and Jeremy Tiang. The event is free and open to the public.

Location: 725 Park Ave., (bet. E. 70th & E. 71st Sts.)
New York, NY 10021
TEL. 212-327-9217 / www.asiasociety.org

October 15-16

Ikenobo Ikebana Society 39th Anniversary Celebration

The Ikenobo Ikebana Society New York Chapter



The Ikenobo Ikebana Society was founded in the U.S. in 1966 to promote the traditional Japanese floral art of ikebana. The Ikenobo Ikebana Society New York Chapter will celebrate its 30th anniversary. Chapter president Noritaka Noda and other chapter members are organizing many activities for the occasion, and the Headmaster's Sen'ei Ikenobo's Oct. 15 demonstration will be the highlight. There will be a floral exhibition featuring 90 ikebana arrangements at Japan Society. Admission is free for the exhibition, and tickets are required for the demonstration.

Location: 333 E. 47th St., (bet. 1st & 2nd Aves.)
New York, NY 10017 / TEL. 212-832-1155/ www.japansociety.org

Happenings

Back to School Campaign

Go! Go! Curry!

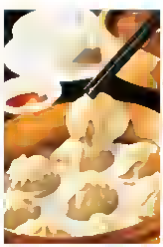


Go! Go! Curry! the Japanese curry chain which recently opened its 6th New York location in Harlem, is holding a Back to School campaign through the end of September. All students who come in with their ID and say that they saw this in Chopsticks will receive a free topping coupon that they can show on their next visit for a topping of their choice. Go! Go! Curry uses premium koshihikari rice in its original curries known for their addicting umami and thickness. The campaign takes place at all 6 Manhattan locations as well as the location in Cambridge, Massachusetts.

Info: www.gogocurryusa-ny.com

Grand Opening Special: Free Beer Per Entree for Chopsticks NY Readers

Drunken Dumpling



Drunken Dumpling will have a grand opening on Sept. 1 in the East Village. Their mission is to serve the highest quality dumplings by using fresh ingredients from local farms with a great selection of beer. On its grand opening, the dumpling house will give Chopsticks NY readers a free beer for every entrée. Don't forget to mention Chopsticks NY when you order.

Location: 137 1st Ave.
(bet. St. Marks Pl. & E 9th St.)
New York, NY 10003

New Fall Japanese Language Courses

The Japan Foundation/Nippon Club



The Japan Foundation and the Nippon Club are offering Japanese language and culture courses this fall with certified Japanese language teachers. Seven different levels ranging from introductory to upper-intermediate level are offered with a focus on reinforcing conversation skills, reading, grammar and vocabulary for real-life settings. Classes will meet once a week from mid-September to early December. To register, visit the Japan Foundation website or call 212-581-2223. Also on Sept. 15, they will host a Conversation Café allowing Japanese learners to practice their language skills with native speakers in a relaxed atmosphere. To attend, send an email to jpcourse@jfny.org with your name, phone number and Japanese proficiency level before the event date.

Location: 145 W. 57th St., (bet. 6th & 7th Aves.)
New York, NY 10019
TEL. 212-581-2223
www.jfny.org

JNTO #Discover Japan Photo Contest

Japan National Tourism Organization



The Japan National Tourism Organization in collaboration with National Geographic is having a Discover Japan Photo Contest from Aug. 1-31. All U.S. residents are invited to submit the photos of their favorite sites and experiences of Japan on Instagram with the hashtag #DiscoverJapanContest. Photos taken in the U.S. are also accepted as long as they are "Japan-inspired." Entries will be evaluated on theme, creativity, originality and photographic quality. The winner will be announced in September on the National Geographic Discover Japan contest page. The winner will receive 2 roundtrip tickets for a 7-day trip to experience the beauty and culture of Japan.

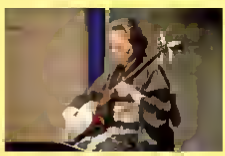
Info: www.nationalgeographic.com/discoverjapancontest

DEAL OF THE MONTH

A Chance to Win of Pair Tickets for "Chojuro Imafuji Nagauta Shamisen Concert" at Carnegie Hall

September 19

TKO Entertainment, Inc.



A traditional Japanese music concert, featuring Chojuro Imafuji on the shamisen, a three-stringed Japanese instrument, will take place at the Weill Recital Hall of Carnegie Hall. Imafuji will introduce "nagauta," long epic songs developed during the middle years of the Edo period (1603-1867). They were originally created as dance music for Kabuki, but they have come to incorporate elements of Noh chant, Kyogen and folk songs, and are performed as a form of storytelling along with vocals, shamisen, Japanese drum, hand drum, taboui and flute. TKO Entertainment Inc. is offering one lucky Chopsticks NY reader the chance to win a pair of tickets to the show. Please send your name/address to chopsticksny2016@gmail.com to apply.

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